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Canadian Home Economics Journal

Revue canadienne d'économie familiale

CANADA 43
1994 International Year of the Family
Année internationale de la famille

FAMILIES: AROUND THE GLOBE
FAMILLES : LA SCÈNE INTERNATIONALE

The Family in Hawaiian Culture
The Family in Brazil
The Cost of Economic Development – Africa
Conducting Dietary Surveys in Aboriginal Communities

Summer / Été 1994
Volume 44
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A heart sheltered by a roof, linked by another heart, to symbolize life and love in a home where one finds warmth, caring, security, togetherness, tolerance and acceptance - that is the symbolism conveyed by the emblem of the International Year of the Family 1994. The open design is meant to indicate continuity with a hint of uncertainty. The brushstroke, with its open line roof, completes an abstract symbol representing the complexity of the family.

Deux coeurs unis sous un même toit, symbolisant la vie et l'amour dans un foyer plein d'amour, de sécurité, de convivialité et d'indulgence, c'est ce que représente le logo de l'Année internationale de la famille 1994. Le fait que le toit ne se referme pas sur le coeur évoque tout à la fois une continuité et une certaine vulnérabilité. Le coup de pinceau à droite du logo met la dernière touche à ce symbole abstrait de la complexité de la famille.

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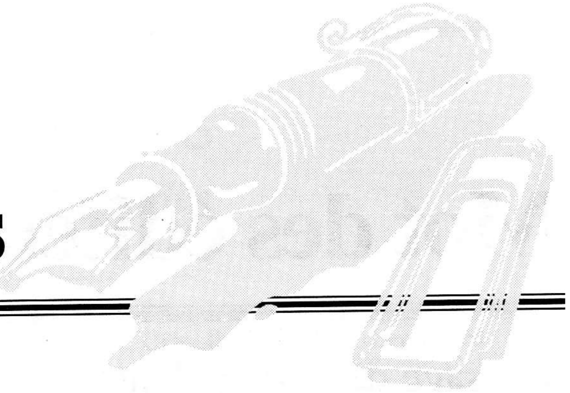
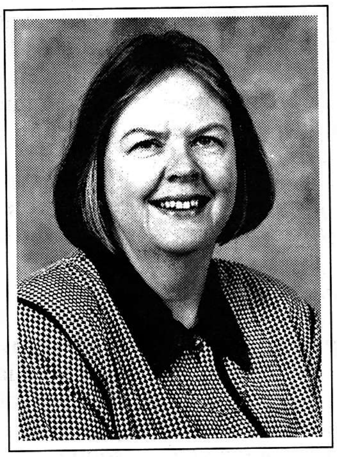
From the Editors



President's Message

It has been a wonderful opportunity to be CHEA President, especially during the International Year of the Family. I have been able to visit most provinces in Canada during my term, and have spoken to home economists and others in British Columbia, Newfoundland, Prince Edward Island, Ontario, Manitoba, Saskatchewan, and Quebec. International representation to the IFHE Council in Sheffield in 1994, to the IFHE Congress in 1992 in Hanover, Germany, and the launching of IYF in Malta in 1993 were highlights of my term. I have appreciated the support of my family and friends, as well as the University of Manitoba, the Canada Committee for the International Year of the Family, and the CHEA bequest fund in carrying out these activities.



I have been fortunate to have a most loyal and effective executive who have rarely missed a meeting or a completion date. We have also enjoyed working together on your behalf. The National Office staff have always been at the other end of the telephone, FAX, or able to meet with me in person as I do visit Ottawa a number of times over the year. I have met with the finance committee, staff relations committee, and journal committee on various occasions which has given me a real sense of the work of the association. I would like to thank all of you who work for your association and profession by serving on committees, participating in programs and international development projects, and representing all of us in public arenas.

International development has been an interest of mine as an active member of the Manitoba (Winnipeg) committee, and my time as President has reinforced my understanding of the symbiotic relationship between this program and CHEA. It has been helpful to have the Vice-President (International Development) living in Winnipeg and able to meet with the Executive. We are working to integrate the policies, staff, and strategic plans of the ID program within those of CHEA as a whole. We are also making a presentation to the Foreign Policy Review of the federal government at the hearing in Winnipeg. CHEA's International Development work, in both the partnership program and development education program, raises our public profile locally and nationally.

On other policy issues, I continue to be heartened by the number of federal government departments and associations which seek our opinion and participation. We will be active in the current review of the social security system in Canada, and in the continuing battles to retain Home Economics and Family Studies programs in our schools.

I am not unaware of the perils to our profession as budgetary constraints threaten home economics programs in schools and universities, as well as home economists in business and extension. But we are not alone. Many other professionals are also experiencing the effects of restructuring and globalization of the economy. We must continue to address the short-sighted policies of those with little understanding of the preventative and family supportive nature of home economics. Our membership needs to increase to strengthen its voice and its abilities, and new graduates from university programs, which are now known by many different names, must be attracted to our association through their provincial and territorial counterparts. The development of standards for practice, which will allow reciprocity of membership between provinces and territories, is well underway and should help us retain members who move out of their province.

The International Year of the Family has heightened our profile in the many arenas where home economists are active and for some it has generated a new appreciation for our profession. I thank those who went before me for the legacy of policies and procedures which facilitated my work and wish the best to my successor and her team. I think I'm going to miss the round of activities that this two years as CHEA President has brought, but the wonderful experiences I have shared will remain as a source of strength for the years to come.

> *"I am a part of all that I have met; yet all experience*
> *is an arch where-thro'*
> *Gleams that untravell'd world, whose margin fades*
> *Forever and forever when I move."*
> Tennyson: *Ulysses*

Ruth E. Berry
May 1994

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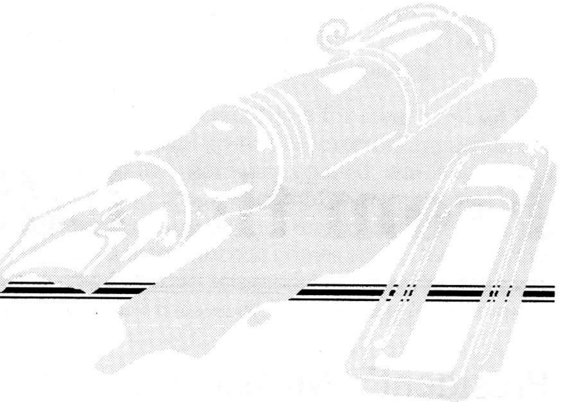


Message de la présidente

Quelle merveilleuse chance que celle d'avoir pu assumer la présidence de l'ACEF, tout particulièrement pendant l'Année internationale de la Famille! Au cours de mon mandat, j'ai visité la plupart des provinces du Canada et discuter avec des économistes familiales et d'autres personnes de la Colombie-Britannique, de Terre-Neuve, de l'Île-du-Prince-Edouard, de l'Ontario, du Manitoba, de la Saskatchewan et du Québec. J'ai participé également à de nombreux événements clés, notamment la représentation internationale au Conseil de la FIEF à Sheffield en 1994, le Congrès de la FIEF en 1992, à Hanovre (Allemagne), et le lancement de l'AIF à Malte en 1993. Et ma participation à toutes ces activités, je la dois au soutien de ma famille et de mes amis, à celui de l'Université du Manitoba, du Comité canadien pour l'AIF de même qu'au Fonds des legs de l'ACEF.

J'ai également eu la privilège de pouvoir compter sur une équipe des plus loyales et efficaces, qui a rarement manqué une réunion ou dépassé une date d'échéance. Toute sensemble, nous avons eu beaucoup de plaisir à travailler pour vous. L'équipe du Bureau national a toujours su m'apporter son aide, par téléphone, par télécopieur ou lors de mes visites à Ottawa, et ce plusieurs fois par année. J'ai rencontré à maintes occasions le comité des finances, le comité des relations de travail et le comité de la Revue, ce qui m'a permis de saisir l'étendue du travail qui se fait au sein de l'Association. J'aimerais vous remercier toutes, qui travaillez si fort pour notre association et notre profession en siégeant à des ateliers, en participant à des programmes et à des projets de développement international et en nous représentant lors d'événements publics.

Le développement international a particulièrement retenu mon attention; j'ai siégé au comité du Manitoba, et mes fonctions de Présidente m'ont permis de mieux saisir la relation symbiotique entre ce programme et l'ACEF. Le fait que la vice-présidente (développement international) vive à Winnipeg et puisse ainsi rencontrer plus facilement le Conseil de direction a été des plus utiles. Nous sommes à intégrer les politiques, le personnel et les plans stratégiques du programme de développement international à ceux de l'ACEF. Nous sommes également en train de nous préparer à faire une présentation au groupe d'étude des politiques étrangères du gouvernement fédéral, lors de l'audience publique à Winnipeg. Le travail du Programme de développement international de l'ACEF, tant au niveau de programme de partenariat que de celui de l'éducation au développement, ajoute à notre image à l'échelle régionale et nationale.

Quant aux autres questions en matière de politiques, je trouve encourageant le grand nombre de ministères et d'organismes qui nous demandent notre avis et notre collaboration. Nous participerons activement à l'étude actuelle du système de sécurité sociale du Canada et continuerons à lutter pour maintenir les programmes d'économie familiale et des études familiales dans les programmes d'études de nos écoles.

Je ne suis pas sans connaître les dangers qui planent sur notre profession au fur et à mesure que des compressions budgétaires menacent les programmes d'économie familiale dans les écoles et les universités et, par le fait même, les économistes familiales dans le milieu des affaires et ailleurs. Mais, nous ne sommes les seules. Bien d'autres professions subissent ces mêmes effets de la restructuration et la mondialisation de l'économie. Nous devons continuer à surveiller les politiques sans vision établies par des personnes qui comprennent peu la nature préventive et de soutien à la famille de l'économie familiale. Nos membres doivent se faire entendre davantage et solidifier leurs capacités; de plus, notre association doit attirer les nouveaux diplômés de programmes universitaires, connus maintenant sous différents noms, par l'intermédiaire de leurs associations provinciales et territoriales. L'accord de réciprocité entre les provinces et les territoires va bon train et devrait nous aider à garder les membres qui doivent quitter leur province.

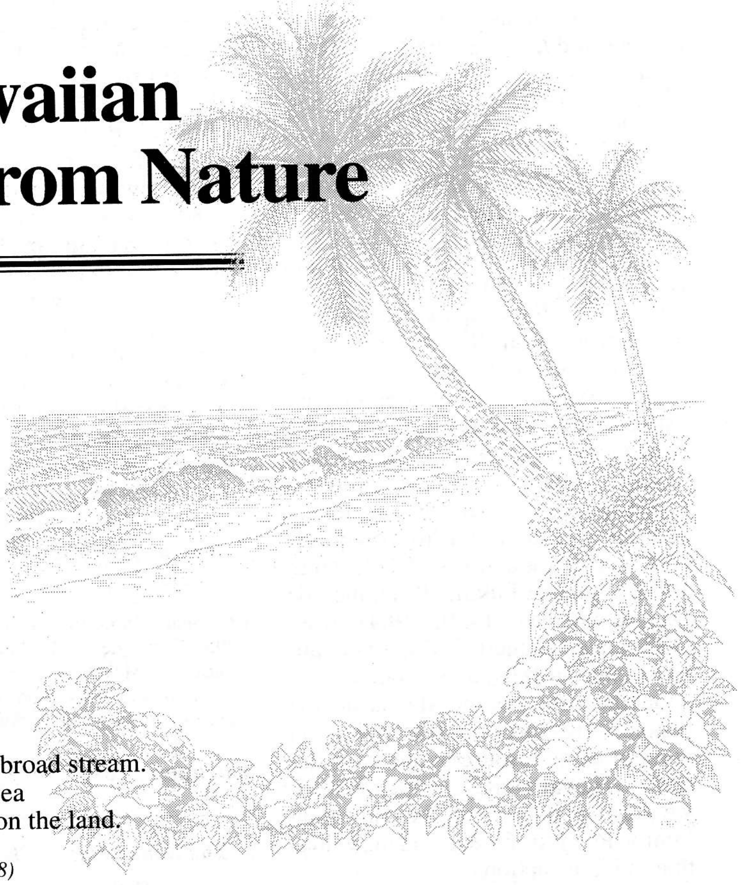
L'Année internationale de la famille a nettement amélioré l'image de l'ACEF dans les domaines d'activités des économistes familiales; pour bon nombre d'entre nous, cette année a suscité une plus grande appréciation du travail de notre profession. Je remercie toutes celles qui, avant moi, ont assuré l'adoption de politiques et de procédures qui ont rendu mon travail beaucoup plus facile; à la personne qui me succédera, et à son équipe, je souhaite tout ce qu'il y a de meilleur. Je crois bien que je vais m'ennuyer de toutes ces activités auxquelles j'ai participé au cours de mes deux années à titre de présidente de l'ACEF; cependant, je sais que cette riche expérience demeurera pour moi une source inépuisable d'énergie pour les années à venir.

> *«I am a part of all that I have met; yet all experience is*
> *an arch where-thro'*
> *Gleams that untravell'd world, whose margin fades*
> *Forever and forever when I move.»*
>
> Tennyson, *Ulysses*

Ruth E. Berry
mai 1994

The Family in Hawaiian Culture: Lessons from Nature

Wanda Young



The Creation Chant or The Kumulipo

Chant One:

At the time when the earth became hot
At the time when the heavens turned about
At the time when the sun was darkened
To cause the moon to shine
The time of the rise of the Pleiades

The night gave birth.
Born was Kukulipo in the night, a male,
Born was Poele in the night, a female,

Man for the narrow stream, woman for the broad stream.
Born was the *Manauea* moss living in the sea
Guarded by the Manauea *taro* plant living on the land.

(translated by Beckwith 1972, p.58)

"Talk Story"

This paper "talks story" in both the Hawaiian way, using their proverbs and anecdotes, and in our Western way. "Talk story" is a complex art consisting of recalled personal events, oral history, legends, humor and joking, verbal play, and ordinary conversation (Boggs, Watson-Gegeo, & McMillan, 1985). To "talk story" with Hawaiians helps us become aware of their values and the cultural ways which define Hawaiian. The topic is the Hawaiian family, its functions in the care of the environment, nourishment, and the maintaining of family relationships, and the important role of cultural values in family life and relationships.

Hui mai i loko, wela ka la ho'omaha ka kino.
Come in, the sun is hot outside, rest your body.
(Hilda's mother's greeting,
in WCCAS, 1986, p.163)

One of the best known studies of the Hawaiian family is *The Polynesian Family System in Ka'u, Hawai'i* by Handy and Pukui (1958). Pukui, a linguist and historian, grew up in Ka'u. Based on interviews in this isolated area, one of the regions where pure Hawaiians can still be found, their book tells the story of the family system of early Hawai'i, describes manners and customs, describes the environment, provides information about legends, explains the kinship system that existed showing the importance of genealogy, gives highlights of events in the life span from birth to death, and discusses the psychology of relationships.

George Hu'eu Sanford Kanahele (1981) in *Who and What is a Hawaiian?* reports a conference held by the WAIAHA Foundation in Honolulu for the study of values in Hawai'i. Elders (*kupuna*), educators, and writers who participated

Abstract

The purpose of this paper is to describe the Hawaiian family using Hawaiian chants, proverbs, stories, oral histories, and readings as illustrations. A brief Hawaiian history sets the stage. Three functions of the family are discussed: care of the environment of the family, nourishment and family health, and maintenance of family relationships. These functions relate to the study of values in the Hawaiian culture.

Résumé

Cet article décrit la famille hawaïenne telle que la révèlent les mélopées, les proverbes, les histoires écrites et orales et les lectures. On y illustre trois aspects de la famille: le maintien du milieu familial; la nutrition et la santé de la famille; l'entretien des relations familiales. Ces fonctions se rattachent à l'étude des valeurs de la culture hawaïenne.

The Author

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arrived at a list of the traditional values that had responded to the needs of earlier Hawaiians. Kanahele continued the study, publishing *Ku Kanaka: Stand Tall: A Search for Hawaiian Values* in 1986. In later workshops, oral histories were collected from kupuna. The results were discussed at the WAIAHA Ku Kanaka conference in 1988, reported by Saurer (1988).

The Wai'anae Coast Culture and Arts Society (WCCAS) collected 31 oral histories from kupuna whose families of orientation all lived on the land. Most had overcome many difficulties in their lifetimes. Their stories are published in *Ka po'e kahiko o Wai'anae: Oral histories of the Wai'anae Coast of Oahu.* Others who have collected myths, proverbs, and folk sayings, in addition to Pukui and his coworkers (Pukui, Haertig and Lee, 1972; Pukui 1983; Winne & Pukui, 1961), include Day & Stroven (1959, 1984), Root (1987),and Mitchell (1983). Other authors cited in this paper have written about the history of the islands and the people, its resources and the traditional ways of using resources, and have described Hawai'i today. From this work we form a picture of the Hawaiian family, its environment, and the values that guide its actions.

Hawaiian History

Hawaiian Creation Story

Hawaiians explain the origin of Hawai'i in the following story. The year was about 500 A.D.

> Ho'okele and Imi-loa[1] stood aft in the huge voyaging canoe, looking back to the cluster of grandparents, parents, and friends standing at the launching site in Tahiti (Kahiki). Ho'okele and Imi-loa had been betrothed as children. For several years Ho'okele had lived with his father's parents and Imi-loa with her mother's parents, learning the secrets of a good life and a happy marriage. Last week the final hug and blessing that confirmed the marriage had been given. They were excited to be chosen to venture north to an unknown destination, but they were sad to leave their grandparents, parents, and friends, knowing that they might never meet again. Ho'okele and Imi-loa looked back until the people on the beach had blurred to a tiny mass. Then they turned to look at the voyaging canoe floating beside them. It carried fifty persons, as did the one they rode in. They were also bringing chickens, dogs, and wild pigs to breed and use for the feasts when they found their new homeland. They carried seeds, roots, corms, and cuttings of their food plants and trees. Ho'okele moved up to the kupuna who would teach him to navigate by reading the stars at night, the movement in the water of the navigation gourd, and the currents in the ocean by day. They would sail until they came to a chain of islands to be named the Hawaiian Islands by most traders or the Sandwich Islands by the British sailors. They would people these islands and become a Hawaiian *'ohana* (family).

(Beaglehole 1955, 1966; Dawe 1968; Day 1955, 1993; Fornander 1916-1919; Handy 1958; Johnson & Makelona 1975; Kamakau, 1887, 1991; Kamakau, 1964; Malo 1898, 1951; Mitchell 1983; Sharp, 1960, 1963; Westervelt, 1987).

European "discovery"

The Kamahe'alele Chant

Behold Hawai'i is an island, a man
Hawai'i is a man indeed!
A child of Tahiti
Papa begat him
Mo'ikeha is the chief who shall dwell
Dwell in Hawai'i and be at peace.

Papa is the mythical mother of all Hawaiians, mother earth. (Pukui and Elbert, 1986).

(from Fornander, in Mitchell, 1983, p. 12)

In 1778 Captain James Cook "rediscovered" the Sandwich or Hawaiian Islands. The natives had prospered, living close to nature, caring for the land and the sea, and sharing their produce. It is estimated that there were up to one million Hawaiians at the time of contact (WCCHC, 1991). With the advent of whalers and traders who brought alcohol, tobacco, and diseases, and the missionaries who brought Christianity, literacy, and education, the native population began to decline. Other concurrent factors that may have contributed to the decline included the adoption of trading rather than subsistence values, the lifting of taboos by the royalty, earthquakes, tidal waves, famine, barrenness amongst the women, youth dislocating to whaling crews and city life, and the disheartenment of a native people (Handy, 1958).

In 1840 the division of lands (called the great *Mahele*) settled the right to own land. There were to be crown lands, government lands, lands for the chiefs, and about two percent of the lands for commoners. The natives did not understand that they could pay a small fee to hold their previous allotment. The foreigners *(haoles)* and missionaries did understand that they could get land by grant or a small fee (Handy 1958). Sugar became king and the plantations were worked by immigrants from China, Japan, Portugal, Puerto Rico, and the Philippines. The Hawaiians began to intermarry with other ethnic groups.

O ka la'au o ke kula e noho ana i
ka 'aina, a ka la'au
O ka'aina e nalowale aku ana.

The trees of the plains will dwell on
the land; the trees of the native land
will vanish; Trees for the plains of
other lands will grow here and our
native trees will become extinct.

(Proverb #2413. A prophecy uttered by Kalaunueohua, in Pukui, 1983, p. 263)

The question of the 1870s was "Should Hawai'i become part of the British Empire?" with King Kamahameha supporting the affirmative. In 1893 the anti-sovereignists overthrew and imprisoned the royal family, and supported linkages with the United States. In 1959 Hawai'i became a state of the United States (Daws, 1968; Day 1955, 1993; Day & Stroven, 1959; Handy 1958; Mitchell 1983). During World Wars I and II and the Vietnam War, Hawai'i became a military center for the United States with a special role in Rest and Rehabilitation.

There is a fire underground;
But the firepit gives forth only smoke,
Smoke that bursts upward, touching
the skies,
And Hawai'i is humbled beneath its
darkness...
It is night over Hawai'i
Night from the smoke of my land...
But there is salvation for the people,
For now the land is being lit by a great
flame.

(Ancient Mele Used in the Statehood Service at Kawaiahoa Church, March 13, 1959. Quoted by A. K. Awaka, in Day & Stroven, 1959, 1984, pp. 325, 326)

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[1] *Ho'okele means navigator or helmsman. Imiloa means to seek far, a distant traveller, or one with great knowledge (Root, 1987, p. 16, 17, 147).*

The 1990s

Today there are 8,843 "pure" Hawaiians and 198,147 part Hawaiians in a population of 1,108,229 living on the eight islands of the chain, with over 4,000,000 visitors (Department of Business, Economic Development, and Tourism, 1992). Amongst youth there is an increase in violent death, often due to alcohol-related car accidents, weapons-related incidents, or suicides after binge drinking and drug injection (Department of Education, 1991). In the WCCAS oral histories, Dorothy, a native Hawaiian elder, observed, "Things were much cheaper... there was less crime... The young generation today is spoiled... Some of them don't even make use of their lands...Children answer back to their parents and do things they shouldn't (1986, p.15).

Pu'wa i'a na hoa makani.

The wind companions cause a commotion among the fishes; i.e. One's conduct causes a scandal.

(Proverb #2767 in Pukui,1983, p. 303)

The cultivation of taro for subsistence and exchange has been replaced by growing taro for market, although it is not a good cash crop (Linnekin, 1985; Airiyoshi, 1993). Holt noted, "It was a sad thing when a lot of Hawaiians lost their lands...When the old folks passed away no one bothered about their land" (WCCAS, 1986, p. 37). Rohter, 1992, describes the present situation:

> In the late twentieth century the Hawaiian family is losing its green space, beaches, taro, and marine lands... The sewers are overflowing... The water supply is depleted... Soil, water, and foods are contaminated with toxic chemicals...Hawaiians are holding jobs that are mostly low paying in the service of tourism... Housing is unaffordable, operating in an international market... Each year the cost of living increases... Golf courses replace crop lands...(p. xxiii)

Ke ewe hanau o ka 'aina.

The lineage born of the land; i.e. A native Hawaiian who is island-born and whose ancestors were also of the land.

(Proverb #1691 in Pukui 1983, p. 182)

Definition of Hawaiian

There are many answers to the question, What is Hawaiian? In the "Song of the Workers on Howland Island," workers sent from Hawai'i to Howland Island stated that a Hawaiian Island was a place to come back to (Pukui & Korn, 1973). To musicians, Hawaiian is the music that was chanted while pounding *poi* and the music fisherman and *lauhala* weavers sang as they worked, accompanied by their native instruments (Free, p.85). To those interested in communications, a Hawaiian is a person with a rich literature handed down orally in chant and *mele* (song), in *hula* (dance), in poetry and proverbs, by people well trained to speak in public and to "talk story." To the missionaries, a Hawaiian was a naked pagan to be enveloped in *muumuus*, Christianity, and western education (Day 1955, 1993).

Kalo kanu o ka 'aina.

Taro planted on the land i.e. Natives of the land from generations back.

(Proverb #1647, in Pukui 1983, p. 157)

Official definitions have varied. The Hawaiian Homes Commission in 1920 stated that to own homestead lands a Hawaiian must have 50% Hawaiian blood. In 1978 the Constitution of the State of Hawai'i indicated that a person with less than 50% Hawaiian blood must be able to trace his/her ancestry to a native living in Hawai'i at the time of contact in 1778. The Kamehameha Schools for Hawaiians used as their criterion for admission at least one ancestor of Hawaiian blood (Gallimore & Howard 1968; Kanahele 1981). Kanahele in 1991 defined Hawaiian as any resident of the state who considers Hawai'i his home and who has a true understanding of the Hawaiian culture.

Other descriptions include: "Hawaiians were distinguished and smart. They could feed themselves, work, make *tapa*, and live in harmony with nature" (interview with Evangeline, WCCAS 1986, p. 73); "[they are] sensitive to nature, to why we are here and where we are going" (Saurer,1988); "a large intimate family community comprising several generations and living stably from time immemorial on a piece of land stretching from the mountains to the sea which provided the individual with a complete, rich experience of life" (Charlot, 1983, p. 82).

Shook, a social worker, describes Hawaiians as

> ...a race who have lost their hierarchical social organization, traditional land-use patterns, whose material culture is in museums, who use folk medicines, depend upon elders' knowledge and skills, and use the Hawaiian language. The race has become Hawaiian-American making periodic use of the Hawaiian language words and phrases, using Hawaiian or creole, or pidgin, and showing some interest in the cultural traditions of music, dancing, singing, mythology, environmental knowledge, and stressing interpersonal harmony (1985, p. 3).

Others considered Hawaiian to be not a race but rather a culture with a well-thought-out way of life on the land, and a love of fellow-man and the family, with an eagerness to meet the needs of others with personal humility (Gallimore & Howard, 1968). Finally, Ka'ano'i (1992) defined Hawaiian according to the beliefs a person has about *'ohana* (the family), *aloha* (love), *pa'ahana* (industry), and *maika'i* (excellence). This description emphasizes the important significance of values in Hawaiian culture.

The Spirit of Aloha and Family Values

The Aloha Spirit

A stands for *akahani*, meaning kindness to be expressed with tenderness
L stands for *lokahi*, meaning unity to be expressed with harmony
O stands for *'olu'olu*, meaning agreeable to be expressed with pleasantness
H stands for *ha'aha'a*, meaning humility to be expressed with modesty
A stands for *ahonui*, meaning patience to be expressed with perseverance.

(Pilani Paki, a kupuna, in WCCHC 1991, p. 31)

In all sources which discussed values, that most often referred to was aloha. Saurer (1988) observed that there are 130 definitions for aloha and that aloha is central to all Hawaiian values and strategies. Linneken (1985) found the *kama'aina* (native born) interviewed on Maui expressed a great love for the land (*aloha 'aina*). A favorite advertisement heard on local Maui radio is "aloha 'aina, aloha 'ohana, aloha Maui" (love for the land, love for home, love for Maui). Holt (1964) reminded us that Hawaiians had given the world the word "aloha" and all it means. Gregory was saddened that "Today aloha is not the true aloha. It seems to be spoken only from the mouth and not from the heart where it rightly belongs" (quoted in WCCAS 1985, p.131).

Ka 'opu'u pua i mohala

A flower bud that unfolded. A baby.

(Handy & Pukui, 1958, p. 164)

Table 1 summarizes categories and examples of values identified by various authors and listed from the WAIAHA Ku Kanaka conference in 1988 (Saurer 1988). The list is not exhaustive. *Malama* (caring for, conservation) may perhaps have been omitted because it was thought to be a process. Other missing values include compassion, enthusiasm, trust, empathy, and creativity.

***Table 1:** Hawaiian Values*

Values	**Source**						
	1	**2**	**3**	**4**	**5**	**6**	**7**
achievement *(kuikanu'u)*		•				•	+
cleanliness *(ma'ema'e)*		•				•	+
competitiveness *(ho'okuku)*		•			•	•	•
cooperative *(laulima)*	•	•		•	•	•	+
courage *(koa)*	•	•				•	-
dignity *(hanohano)*		•					-
diligence *(pa'ahana)*	•	•	•				+
excellence *(kela)*	•	•	•		•	•	-
forgiveness *(huikala)*		•				•	-
fun, playfulness *(le'ale'a)*		•				•	-
generosity *(loko maikai)*		•				•	•
graciousness *('olu'olu)*		•				•	-
helpfulness *(kokua)*	•	•			•	•	+
honesty *(kupono)*	•	•				•	-
hospitality *(ho'okipa)*	•	•	•			•	-
humility *(ha'aha'a)*	•	•				•	-
intelligence *(na'auao)*		•				•	+
keep promises *(olelo hoo'iki)*		•					-
leadership *(alakai)*	•	•			•	•	•
love of *(aloha)*	•	•	•	•	•	•	+
obedience *(wiwo)*		•				•	•
patience *(ho'omanawanui)*		•					-
self-reliance *(kuhao)*	•	•		•	•		•
spirituality *(ho'omina)*	•	•				•	+
unity, balance, harmony *(lokahi)*		•	•	•	•	•	-

Notes and Sources for Table 1

Column 1. Traditional values, from first WAIAHA conference

Column 2. Modern Hawaiian values derived from second WAIAHA Ku Kanaka conference in 1988 (Saurer, 1988).

Column 3. Kahuna (priest, healer) values which relate to philosophy and religion. (Ka'ano'i, 1992).

Column 4. Values being imposed by outside commercial interests which result in changes in the environment, designated environmental or "green" (Rohter 1992).

Column 5. Family management (o'hana) values (Kanahele, 1986).

Column 6. More ancient family values designated "family system."

Column 7. Values identified through content analysis of oral histories from WCCAS 1986. Those values most frequently referred to are noted by (+), those least frequently referred to are noted by (-), and the middle average mention is indicated by (•).

Functions of the Family

The 'ohana is mutual interdependence, mutual help. It is emotional support, given and received. It is solidarity and cohesiveness. It is love—often. It is loyalty—always. It is all this, encompassed by the joined links of blood relationship (Pukui, Haertig & Lee, 1972, p. 171).

For Hawaiians the family was necessary for survival. Of the many functions of the family, this paper concentrates on *malama'aina,* or care of the environment, *hanai,* or nourishment and health, and *ho'oponopono* or maintenance of family relationships.

The environment (Malama): The land and water

The ancient Hawaiians practised one of the most sophisticated types of aquaculture in Polynesia. At the time of contact by Europeans, there were over 300 fishponds in the Hawaiian Islands. Today, there are about two per island. In the fishponds, built along the shore using coral reefs as underwater walls, fish for food were fattened and stored. This was less dangerous and easier than fishing in the open sea. (Summers, 1964; Kelly, 1975; Linnekin, 1985; Henry, 1993). Apple and Kikuihi(1975) listed 22 products raised in fishponds. This type of aquaculture was an efficient system which did not upset the balance of nature. Family members living near the shore would fish for only enough to supply their needs and to share with the family members, living on the slopes of the mountains, who raised taro to share with the fishermen.

Young Hawaiians today are being encouraged to develop fishponds and taro patches. One such project was the Hana Hawaiian Village on Maui. It was designed to teach Hawaiian culture to natives and visitors (Eagar, 1994). Unfortunately, in January 1994 the Village declared bankruptcy and was forced to close. Rohter (1992) has suggested that garden projects be undertaken combining the energy of young Hawaiians in school with the expertise of elderly master gardeners to maintain the love of the land (*aloha 'aina*).

Housing

Ancient Hawaiians lived in a cluster of small one-room houses made from *pili* grass. One house (*hale*) accommodated the family sleeping function; one was set aside as the dining and ritual room for men; another was used by the women and children for eating; others were set aside for specific functions such as netmaking, *tapa* cloth making, and *lauhala* weaving. These houses provided shade, but were open for breezes to blow through. One could find private space in nature (Kanahele, 1986; Hiroa, 1964).

Prayer (Pule)

Ka 'aumakua keiki a me ka uhene hemolele.

Bless Mama, Daddy, and the children.
Bless our home from top to bottom,
Inside and out, front and back.
Thank you Lord for the food provided each day.

(Gregory, in WCCAS, 1986, p. 128)

Hawaiians are a creative people who make use of nature to design for the near environment. Lauhala mats feel like velvet under foot. The Hawaiian quilt is the native adaptation of the American patchwork quilt. The appliqué designs are adopted from nature using the flower and foliage of exotic trees and plants, from royal emblems made from feathers, or from the Hawaiian flag which features the Union Jack.

Today, Hawaiians may not be able to buy their own homes. The replacement of farms, ranches, sugar and pineapple plantations with golf courses creates an environmental and social problem. Valuable land is taken out of production, while the housing problem is not solved. Hawai'i is now in an international market. Current house prices range from about $200,000 for a simple one-bedroom home up to prices in the millions. The alternative, especially in Honolulu, is to rent a condominium in a tall high-rise. Space there is limited. Heat from the sun will be trapped inside. What a difference from the freedom and comfort of the "little grass shack."

Nourishment (Hanaina) and family health

Early traders described the Hawaiians as "healthy, tall, thin, but rather full habit" (Stewart, quoted in WCCHC 1991, p. 25). "Their gait is graceful and sometimes stately" (Ellis, quoted in WCCHC 1993, p.9). Hawai'i is rated the healthiest state in the nation with the best health system, but the native Hawaiians have the worst health (WCCHC, 1991). They have the highest rate for certain cancers, diabetes, heart disease, stroke, and hypertension. Many are grossly overweight (Rohter, 1992).

The Wai'anae Coast Comprehensive Health Center (WCCHC) developed a research program to investigate a remedy for this situation. Participants in the program were brought to the center for a period of time to test a diet based on foods such as greens from traditional plants, poi, and traditional fruits eaten by the early Hawaiians (Table 2, column 1). These traditional foods have now become difficult or expensive to obtain, so alternatives have been suggested (Table 2, column 2). Cooking methods recommended are to steam, bake, boil, and broil. The diet manual used in the study included information about the Hawaiian culture and aloha spirit. Findings of the study included changes such as weight loss, although no restriction had been placed on the amount of traditional foods eaten, and the reversal of several illnesses.

Table 2: Wai'anae Diet

Traditional Foods	Modern Alternatives
greens	
lu'au leaf of kalo (taro)	broccoli, spinach, kale
haha stem of kalo (taro)	collard greens, cauliflower
sweet potato and leaf	squash, peas, lettuce
ho'i'o fern	watercress, carrots, corn
limu (seaweed)	pumpkin, onion, string beans, celery, cabbage, bok choy
poi	brown rice, whole wheat products
ulu (breadfruit)	potato, noodles, oatmeal
uhi (yam)	barley, whole grains
mai'a (banana)	apple, orange, lemon, pear, mango, papaya, pineapple, peach, pineapple, strawberry, nectarine, guava
I'a (fish)	tofu, beans, lentils
moa (chicken)	turkey, shrimp
mamake tea *ko 'oko 'olau* tea	tea

Ekamau iho i ka hoe a pae aku i ke kula.

Dip in the paddle till you reach the shore; i.e. keep dipping your finger into the poi until you've had your fill.

(Proverb #315, in Pukui, 1983, p. 39)

Hawaiians tend to shrug off dietary advice. They may stay on a diet for a short time because they do not want to disturb the friendly relationship with their doctor or nutritionist. Pakui, Haertig, and Lee (1972) discussed nutritional counseling for Hawaiians. They quote some remarks made by Hawaiians: "My husband like me fat." "Food is good (*ono*)." "So maybe I die, if I no stop eat. More better I die happy" (p. 9).

Ho'oponopono and family relationships

Buffalo, in the oral histories reported in WCCAS (1986), described his voyage to Tahiti on the Hokuela. In 34 days disputes arose. Ho'oponopono worked out the arguments.

What is ho'oponopono? Ho'oponopono is a form of conflict resolution and problem solving. It is a process through which positive behavior is reaffirmed, and strained relationships may be healed and cemented. Participation in the process makes people feel good about themselves and links everyone together. Those stressed with anger may express hostility, air concerns, and seek justice. Responsible actions are encouraged and maturity is developed.

Ho'oponopono has been variously described. It is:

- setting right; it helps restore and maintain good relationships among the family (Pukui, Haertig, & Lee, 1972).
- the traditional family council led by a senior member or a *kahuna* (healer) (Shook, 1985).
- establishing harmony by communicating with the heart and mind (Ka'ano'i, 1972).
- a spiritual practice which is becoming a lost art (Rory, 1993).

Other authors disagree with Rory's suggestion that it is disappearing. They have used ho'oponopono not only in family counseling, personally and with clients, but also when working with drug abusers, in wilderness programs at teenage camps, with prison inmates, at the Honolulu Center for Disputes, in determining child custody visitation rights, in clubs, with hula groups, and with foster children and their adoptive parents (Pukui, Haertig, and Lee, 1972; Shook, 1985; Kanahele, 1986; and Ka'ano'i, 1992).

Ike aki, 'ike mai, kokua aku, kokua mai'i pela iho la ka nohona 'ohana.

Recognize and be recognized; help and be helped; such is family life.

(Proverb #1200, in Pukui, 1983, p. 130)

The family must agree to do ho'oponopono. They should name a kupuna of the family or a kahuna from outside the family to act as leader. The family assemble and share an opening prayer (*pule*). Through discussion (*mahiki*) they identify the problem, exchange comments, and share emotion, until the time has come for mutual confession, forgiveness, and release (*miki*, *kala*, and *oki*). When all problems have been resolved there is a closing prayer (pule) and a declaration of confidentiality. This is followed by *pani* (a snack or meal), or perhaps a cleansing swim (Shook, 1985; Pukui, Haertig, and Lee, 1972; Ka'ano'i, 1992).

The advantages of such a process are obvious. Problems are solved. Through diagnosis and remedial processes further problems may be prevented. Group or family energy is kept high. Contributions can be acknowledged and omissions be forgiven. Family roles are validated. The process helps history live on and preserves the Hawaiian culture. However, ho'oponopono does take time. Individuals who fear the truth, who cannot become close to others, who dislike change, and who do not listen well may not be successful in ho'oponopono.

The discussion of ho'oponopono rounds out this picture of families in Hawaiian culture, their earlier style of everyday life, their traditional values, and some of the problems that have arisen as a result of modern day changes. A sampling of the Hawaiian art of "talk story" has been included.

And now:

Pipi holo ka'ao.

It is sprinkled: the tale has fled.

(Proverb #2658, in Pukui, 1983, p. 291)

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The Family in Brazil

Helena Selma Azevedo

In Brazil as in other countries in the world, one cannot speak of the "Brazilian Family," since there is no one family which acts as representative, but rather several specific, historic types of family associations are found (Cerroni, 1971). The family varies from one society to another or between eras and between classes of the same society. Family and society have shown themselves to be highly interlinked. One can observe change in the family according to the current changes in society.

Studies on the Family in Brazil

There was a time in which the extended patriarchal family was synonymous with the Brazilian family. According to this line of thought, the modern nuclear family (a married couple and offspring) would be seen as being derived from the patriarchal family during the urbanization and industrialization process. However, recent surveys indicate that there has always been a predominance of more simple family types, especially among the poorer classes and in the South of Brazil.

In Brazil different empirical-methodological procedures have been adopted for studying families, taking into consideration social class and the type of family to be studied. In this manner we have studied the colonial patriarchal family, the rural family, the lower class working family, and the middle class family. Farm families and working class families have been studied from the Marxist point of view, that is, the production and reproduction of class (Bilac, 1991).

The Patriarchal Family

The patriarchal family in Brazil was the basis of an agrarian economic structure with large land owners and a slave system. Power was concentrated in the hands of large families who controlled the social and economic activities of the villas. The State and the Church were affected and even controlled by these families. This family model was composed of a central nucleus and an outer circle of associates. The central core included the head of the family, his legitimate wife, children, and grand-

Abstract

The family varies from one society to another and between different eras or between classes of the same society. One can observe changes in the family according to the current changes in society. Recent surveys show that in Brazil, although the extended patriarchal family was considered to be predominant, there has always been an abundance of the more simple family models, especially among the poor classes and in the South of the country. In Brazil the empirical-methodological procedures chosen in studies on the family depend on the type of family to be studied, while taking into consideration the social class. Studies have been made of the colonial patriarchal family, rural families, lower class working families, and middle class families. The nuclear family is still predominant in the country, although from the 1980s to the present this form of family organization has shown a decline, especially in urban areas. Based on these studies, this paper presents a brief discussion of the family in Brazil today.

Résumé

La structure familiale varie d'une culture à l'autre, d'une époque à l'autre ou même d'une classe sociale é l'autre. On peut observer les changements que subit la famille à la lumière des changements actuels de la société. De récents sondages ont démontré que, même si la famille patriarcale élargie était considérée comme la plus importante au Brésil, des modèles de famille plus simples demeurent toutefois prédominants, tout particulièrement dans les classes sociales défavorisées et dans le Sud du pays. Pour l'étude de la famille au Brésil, on a eu recours à des procédures empiriques et méthodologiques, selon le type de famille à étudier, tout en prenant la classe sociale en considération. Ce point d'observation a permis l'examen de la famille patriarcale coloniale, des familles en milieu rural, des familles des classes ouvrières inférieures, et des familles de classe moyenne. La famille nucléaire prédomine toujours dans le pays, même si, depuis les années 1980, cette forme d'organisation familiale accuse un déclin, tout particulièrement dans les régions urbaines.

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children. The outer circle included relatives, friends, illegitimate children or those reared in the household, godchildren, servants, and slaves (Samara, 1989). Squatters, share croppers, and small ranchers were also under the influence of these families.

The head of the family had absolute authority. The wives and children obeyed his wishes. The women left the care and supervision of their fathers only to be under the care of their husbands. The women were responsible for the house and the children. They had a large number of servants and slaves under their control in order to carry out all the household duties.

The Nuclear Family

The nuclear family or one-couple family has been said to be the ideal type of family. All school books used in the first years of schooling in Brazil and elsewhere have presented this type of family as the norm. These families are composed of father, mother, and child. The roles of each of the sexes are quite well defined and complementary. Marriage is fundamental in this family type and the family is rather detached from its extended-family relatives.

The number of families fitting the nuclear family model has declined as shown in recent census reports. One can also observe a decrease in the number of children. Experts see this as characteristic of an urban, industrial society, but this family model is present in all eras and all social classes in Brazil. This predominance, however, does not justify making it the ideal model, since family models should not be taken as immutable or passive but rather always in the process of undergoing dynamic change.

The Rural Family

The rural families of small farmers, ranchers, and share croppers, as well as squatters, present strong characteristic traits which are common in the various regions of the country. There is a predominance of nuclear families. These families are units of production and consumption. The family organization is built around the house and the field, creating and reinforcing definite masculine and feminine spheres where there is a strong separation between the man's world and the woman's world. The utilization of the living space demonstrates how this separation works. The living room/dining room is the public part of the house and is the man's part. The bedrooms and the kitchen make up the private living space which is the woman's part. While the men eat in the dining room, the women, especially when there are guests, eat in the kitchen (Azevedo, 1992). The woman is subordinate to the man.

One may observe a strong feeling of family and being connected with one's relatives. Endogamy is stimulated by marriage between cousins. The relationships between mother and child are affectionate and possessive. Although recently there has been a slight decrease in the birthrate among rural families, these families normally present high birthrates.

Today in Brazil, there is a new category emerging on the agrarian scene, that of the legalized squatter. They share collectively the ownership of land to which there was no legal title because of governmental misappropriation or as a result of conflict[1]. In these areas crop production is mixed. Production for the family and for the collective exist side by side. The latter consists of survival crops such as beans, corn, and manioc, but mainly products which can easily be converted into money, such as cattle, sheep and goats, fruit, and cashews. Subsistence crops are planted in the family fields.

The whole distribution of the areas of squatters/land owners, or the system of Agrarian Reform, is based on these families. Access to the land is acquired through registration of the families, who are, for the most part, nuclear families or young people. Through this system they have experienced a perceivable improvement in the quality of life.

The Lower Class Working Family

Lower class working families have been studied from the Marxist view of reproduction of the labor force (Fausto Neto, 1982; Macedo, 1985). In this way, the family is seen from two vantage points: while having the general values and standards of the society, they also are clearly connected to the survival of the members as workers. This family type becomes a class of its own, and inherent in all of the family situations is the fight for survival and social acceptance. The solidarity which exists in the family and in the neighborhood are part of the survival strategy. This Marxist view maintains that, although the family scheme is one in which everyone attempts to join hands in order to free itself from poverty, the real outcome is that the family functions serve only to maintain its poverty: by entering a whole series of family activities including women's work and jobs and children's jobs, survival is attained in spite of low wages.

There are innumerable organizational variations of lower class working families depending on who makes up the family, the phase of its family life cycle, and the level of available material resources. The majority of the families are nuclear families; however, there are some cases of families with additional associates. These persons form an important part of the family organization, whether by contributing their pension cheques in the case of retired persons, or by doing the household chores in the case of women. Other members who are very often included are the grandchildren.

Low wages force all family members to participate in the fight for survival. This is why the children go to work very young, which in turn causes the great school evasion seen in the country. The majority of women end up working two "shifts," combining household chores with some type of paying job. Since most of these families do not possess any time/work-saving appliances, the household routine becomes exhausting.

In lower class working families, the absence of the working women from the home is a great detriment to the care given to children, household hygiene, and family nutrition. So, women try to reconcile some kind of paying job with being able to work at home. The total participation of the family in the family income alters the relationships between the family members and the male head of the household, minimizing his role of final authority in the home. The role of the woman, however, does not change, since she continues to carry out the household chores even when she holds

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[1] The government has no implementation policy concerning agrarian reform. The families who gain rights to the land do so through occupation of the lands and conflict. There is an organization called "Movimento Sem Terra" (The Landless Movement) which is composed of rural inhabitants. This organization helps put pressure on the government to give over rights to the land to those who occupy it.

an outside job. On the other hand, the value of her contribution and experience are not lost with age, while the value of masculine work is.

The Middle Class Family

The middle class has not been the subject of many studies in Brazil, but studies on this type of family have shown some increase. In this class one may find various types of family arrangements, from the typical nuclear family to the co-equal couple and the family headed by women. However, the nuclear family and its variations are the most common. For these families, the thrusting of the woman into the labor market and the intense industrialization of domestic products and equipment have made changes in the daily routine of the family. In order to understand these changes, one must alter the concept of domestic work to include, among those tasks already recognized, family administration and maintenance of contacts with relatives.

Housewives are never exempt from the responsibility of household chores. When they themselves do not perform tasks, they supervise them. The day-to-day routine of the household is controlled by the wife. The man's participation in household duties is occasional and selective. The woman is often assisted by other women, whether maids, day maids, or some relative or neighbor (Bruschini, 1990).

Child care is the family activity which carries the most weight. Fathers may show interest in the children's education, helping them with homework and participating in the decisions concerning education, but the mothers are the ones who care for most of the details. The family is an important reference point for people, even in the most "modern" sectors.

The Single Parent Family

The number of single parent families led by women has grown in some regions and areas. In the northeastern areas, where the environment has been stripped of its power to produce, there are those popularly known as "widows of living husbands" since the husband must leave the home to seek out work in another place. Another case is that of families in extreme poverty who live on the edge of the cities (Woortmann, 1987). Lastly, there is the case in which one observes the tendency towards matriarchy. It might be called that of the middle class intellectual.

In these families the women have a fundamental role in the family and control the family resources and the contact with relatives. In the case of poor families, the men have lost their ability to be provider. The equation house=woman and street=man culturally defines the domain of the genders. If the man does not control the "street" (work, salary), he loses his dominion over the house. Although poverty marginalizes both men and women, in the context of the outskirts of the city, women obtain more work opportunities, e.g., through doing domestic chores for others, than men do.

The Co-equal Couple

The co-equal couple comes from a practice present in the middle urban segments of society (Salem, 1989). These are couples who admit that there is a difference between the sexes, but that they have equal rights, so that equal value is attributed to the two genders. The roles taken in public and in private are shared by the two without distinction. When the woman has to leave her job in the case of maternity, this state is seen as temporary.

The co-equal family starts with the individualistic-equality principle and attempts to face the dilemma of preserving the identity of each partner while at the same time building "us" as a unit. In the families of co-equal couples, the value given to marriage ties is greater than that given to blood ties. There is an intense search for fulfilment and change, which may explain the high number of marital separations in these families. "Rules" of faithfulness to a spouse are determined by the couple. For some, unfaithfulness is thought to be a symptom of problems in the relationship. For others "open marriage is the ideal." There is, however, one thing in common: faithfulness or unfaithfulness is considered undesirable or permitted for both sexes— there is no double standard. The relationship between parents and children does not depend on the couple's relationship. Thus, the role of the father is separate from the role of the mother, and vice-versa.

Another interesting phenomenon observed is that as women leave the private sphere and enter the public sphere, the unions tend to do the inverse, that is, they leave the public eye and move to the private sphere. Thus marriage, which is found in various types of society as a public ritual requiring the approval of family and the State, suffers a radical change. One can observe free unions which desire to restrict the union to the sphere of the couple itself. One of the more radical versions, seen on the national and international scene, is the "pregnant couple." Today the civil code accepts these free unions as marriage, where the parties have rights equal to those of a civil (documented) marriage.

Current Trends

The nuclear family is still the predominant form of family organization in Brazil, whether in the urban zone or the rural areas. However, since the 1980s, this form of organization has shown a decline, especially in the cities. This decrease may be attributed to the increase in the divorce and separation rates. The reduction of nuclear families is being off-set by the growth of single parent families or other family arrangements and non-families.

The great economic crisis together with an accentuated and even perverse distribution of wealth makes Brazil a country of contrasts[2]. While a small group of elite hold the greatest part of the country's wealth, the vast majority of the population lives in dire poverty. Today, in a population of approximately 150 million inhabitants, 32 million, equivalent to the population of Argentina, go hungry. There are nine million families living in absolute poverty (IPEA,1993). This is one of the major causes for the vast number of abandoned children who wander the streets without family or shelter. Child prostitution has hit alarming highs, which becomes ever more serious when one sees, what is called in Ceará, "Sexual Tourism" attracting tourists from Europe, resulting in an increase in prostitution of 8- to 12-year-olds.

Here, as in rich countries, women make up a large part of the labor force. However, the majority work at a job

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[2] *Besides suffering from the effects of the world-wide recession Brazil has, for several years now, suffered from high inflation rates, various changes in currency along with several economic "plans" which treated a few of the symptoms for a period of time but which have not solved the real problems.*

job outside the home out of necessity and in order to lighten the burden of domestic work without, however, having any real return in wages. Many children born close together double or triple the responsibilities of the working day, and women become exhausted and are overworked.

The lack of information and the absence of policies that take health seriously create a situation of free reign given to reproduction. The issue of contraception and the maintenance of the family ends up falling on the woman's shoulders. Berquo (1993) said it well— this decade should give the man greater responsibility in favoring more births in the case of rich countries by participating more in domestic activities, and taking responsibility for birth control in poor countries. It is fundamental, in this International Year of the Family, that the topic of the man's role and responsibilities in the family be discussed and taken into account in both the private sector and in the public sector as far as governmental policies are concerned so that we can begin to see the rise of a better civilization. ❑

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June 20-22, 1994
Understanding Sexual Diversity, 16th Annual Guelph Conference and Training Institute on Sexuality, University of Guelph.

For further information,(519)767-5000, fax (519) 767-1114.

June 23-24, 1994
Atlantic Canada Workshop on Family Therapy, featuring George Enns, Canadian therapist, trainer and teacher. Moncton, New Brunswick.

For more information, call (506)389-1970.

June 26-28, 1994
(Halifax) *Building on Community Strengths in Support of Families and Children.* Cosponsored by the Child Welfare League of Canada and Nova Scotia Family & Child Welfare Association,

Contact: Child Welfare League of Canada, 312-180 Argyle Ave., Ottawa, ON., K2P 1B7. Tel:(613)235-4412; Fax:(613)788-5075.

July 3-6, 1994
Family, the Heart of Society, Joint annual congress of Canadian Home Economics Association and the L'Association d'économic familiale du Québec, Loews Le Concorde, Quebec.

For information, write to Ellen Boynton, CHEA, 901-151 Slater Street, Ottawa, K1P 5H3, or phone (613)238-8817.

August 7-10, 1994
The Global Classroom, An International Conference on Educational Tourism - highlighting the needs of older adults. Montreal, Quebec,

For information, contact Conference Secretariat, 609-1410 Stanley Street, Montreal, H3A 1P8, (514) 287-1070.

September 26-28, 1994
National Symposium on Women's Health Issues, hosted by the Canadian Advisory Council on the Status of Women, Ottawa.

For information, contact Pauline Sawh, Senior Liaison Advisor, (613)995-5115.

September 27-30, 1994
(Charlottetown) Canadian Education Association, *"Building the Link: Education and Economy."*

Contact: Canadian Education Association, 252 Bloor St.W., Suite 8-200, Toronto, ON M5S 1V5. Fax:(416)924-3188.

September 29-October 1, 1994
(Toronto) Canadian Hospital Association, *"International Conference on Adjuvant Nutrition and Chronic Disease: Preventive and Therapeutic Effects."*

Contact: Canadian Hospital Association, 100-17 York St., Ottawa, ON K1N 9J6. Tel:(613)238-8005; Fax:(613)238-6924.

October 3-9, 1994
National Family Week, 1994. International Year of the Family theme.

For information, contact Kim Tytler, Family Service Canada, 600- 220 Laurier Avenue West, Ottawa, Ontario, K1P 5Z9.

October 13-16, 1994
Helping Families Cope - Health Care in the 90's. 23rd annual Scientific and Educational Meeting of the Canadian Association of Gerontology.

Call for Papers and Conference information, contact Benita Langdon, Project Coordinator, Canadian Association on Gerontology, (613)728-9347.

October 20-22, 1994
"Tapping the Creative Spirit," Family Service Canada annual conference, Halifax, Nova Scotia. Details to be announced.

Contact Joyce Halpern, (902)420-1980 or Kim Tytler, (613)230-9960.

October 26-29, 1994
(Toronto) *Education and Careers '94.* Third Annual Schools & Skills Show,

Contact: Schools & Skills Show Education & Careers '94, 21 Granville St.,Toronto, ON M4Y 1A1. Tel:(416)960-4918; Fax:(416)923-5624.

January 13-15, 1995
(Fremantle, Western Australia) *Shaping the Future: Home Economics in Public Policy.* Home Economics Institute of Australia 1995 Biennial Conference,

Contact: Conference Secretary, PO Box 341, North Perth, WA 6006. Tel:(09)370-6352; Fax(09)370-6103.

March 11-12, 1995
World Summit for Social Development, Copenhagen.

Contact, in Canada, Patsy George, 1478 Kamloops Street, Vancouver, BC, V5K 3V9.

September 4-15, 1995
(Beijing) Fourth World Conference on Women: Action for Equality, Development and Peace.

July 22-27, 1996
(Bangkok) *Living Conditions - A Global Responsibility.* XVIII Congress of the International Federation for Home Economics.

The Cost of Economic Development – Africa

Adelheid Onyango

The political and economic changes in Eastern Europe and the former Soviet Union are said to have put millions at risk of hunger as the accustomed social safety nets broke down (UN Chronicle, June 1993). Food is so basic a need that poverty lines are based on what would be required by individuals or groups to meet their basic food requirements. It is ironical, therefore, that changes which made it possible for the first McDonald's to be opened in Moscow should herald hunger for millions. Yet the crumbling of communism was celebrated by many who saw it as the beginning of real development. The phenomenon is not unique to Eastern Europe. Many indigenous African communities, which, after decades of colonization, liberated themselves to become what are today called Third World countries, were usually self-sufficient in food — from hunting and gathering, farming and fishing — before the arrival of the first settlers and up to the close of last century. Today many of these countries' economies are doing so badly that it takes sometimes massive food imports to sustain them. What went wrong with the process of modern development?

Some have blamed Third World poverty on what is described as a population explosion. The term is quite impressive for those who think of the "problem" on a global scale. At national levels there is talk about "alarmingly high" population growth rates, and governments pleading inability to support the numbers. With high rates of rural-urban migration (urbanization rates in Africa far outstrip population growth rates) the leaders of government cannot fail to "recognize the problem," since they live and work in the cities. But how is the whole matter perceived by the rural family? Population growth for the rural couple is, barring multiple births, the possibility that another child gets added to their household in another year. Every birth costs the mother biologically, and both parents economically, but does it represent a population explosion?

Africa's present day problems have a clear historical course rooted in the structure of pre-colonial communities on which capitalism was superimposed. There are countries that adopted communism at independence; many of these have not known any real stability, hence

Abstract

Development appears to involve a social cost borne especially by the poorest members of emerging capitalist economies. Effects of this are evident in African countries where traditional village economies valued the contribution of all their members to general well-being, and in turn, they could count on support afforded by the sociocultural infrastructure. These communities emerged from colonization and found themselves bound together as nations with other culturally divergent groups. Lacking sufficient technical expertise at government headquarters to run modern Western-type economies, coupled with the fact that ruling elites retained strong allegiances with their own ethnic groups, whole communities were left out of the immediate post-independence development impetus. The implementation of structural adjustment programs in the 80s — to correct stagnated development — has further disenfranchised the most vulnerable communities. Finally, the strong population control component of current development activity has set in motion a process that is drastically modifying family structure and knocking the bottom out of the social safety net that has sustained these communities, particularly their poorest members.

Résumé

Il semble que le développement économique comporte un prix à payer au point de vue social, tout particulièrement par les membres les plus démunis des économies capitalistes en croissance. Ces effets se font surtout sentir dans les pays africains, où l'économie traditionnelle des villages avaient toujours valorisé la contribution de tous ses membres au bien-être de la population et où ses membres, en retour, pouvaient s'appuyer sur une solide infrastructure socioculturelle. Avec la disparition de la colonisation, ces collectivités ont été fusionnées à d'autres cultures divergentes pour former diverses nations. Compte tenu de l'absence de compétences techniques suffisantes au sein des gouvernements pour réussir à diriger des activités économiques selon l'esprit occidental moderne, et du fait que les élites à la tête de ces nations vouaient un profond attachement à leur groupe ethnique respectif, des collectivités entières ont été mises é l'écart de l'impulsion économique qui a suivi immédiatement l'indépendance. La mise en place, dans les années 1980, de programmes d'ajustement structurel pour faire démarrer un développement inactif a privé davantage les collectivités les plus vulnérables de leurs droits de représentation. Enfin, la régulation des populations, composante imposante du développement économique actuel, a déclenché un mouvement qui est en train de modifier la structure familiale de façon radicale et de bouleverser complètement la sécurité sociale qui protégeait ces collectivités et, plus particulièrement, leurs membres les plus démunis.

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the considerations here apply more to countries that adopted capitalism. The capitalist economies were, and still are, centrally managed from national headquarters by people who retain strong ethnic loyalties. It bears remembering that these "nations" were created by arbitrary boundaries that were supposed to bind together people of different ethnic backgrounds into distinct nations. These were much larger societies than the communities that many people had been used to. They could not establish a sense of unity among such culturally varied groups. Moreover, those who emerged as leaders of the new nations retained strong ethnic ties. The unsuitability of capitalism for Africa, given this as a foundation for national unity, is made clear by Dube's (1988) discussion of the dilemmas of modernization and development.

Capitalist development creates two-tiered systems at both international and national levels. Within a nation, the first tier is the small center of wealth and power, and the other is the periphery that remains impoverished (Dube, 1988). According to Brandt et al. (1985), African governments tended to adopt policies like those of industrialized countries where the aim was to create capital in the urban sector and siphon off rural profits. Initially, foreign loans and grants were used to finance capitalist development, but this could not continue forever. Within 20 years of independence, most countries had accumulated large foreign debts, necessitating intervention by the international financial institutions. Prior to this, however, those whom the system favored had established themselves at the helm, their assets carefully sheltered and their savings usually kept abroad. Said Brandt et al.(1985, p. 43) commenting on structural adjustment: "Meaningful structural adjustment is made difficult by the concentration of power in the hands of the thin upper crust and their alliance with powerful external patrons." When economic adjustment took effect, the wide gap between rich and poor was at best fixed, more often widened.

Agriculture is the mainstay of most of sub-Saharan African countries. Both commercial (export) crops and food are produced on small scale farms: this fact was ignored in some recommendations of the adjustment package. The World Bank advised, among other things, increased production for export as a means of making economies more efficient. Export promotion means competition between food and cash crops and, where the central government must do-or-die to service external debt, farmers were constrained, sometimes by official legislation, to produce coffee beans at the expense of "nutritional" beans.

While that kind of substitution was going on, opportunities for Third World countries to use the world commodity and capital markets were severely restricted (Brandt et al., 1985). This has not changed. Observing that agricultural commodity prices might be at their lowest since the 1930s, Turk (1993) describes the unfavorable situation resulting from the flooding of the world market with commodities — from all the adjusting countries — with the result that supply now far exceeds demand. Rather than improve the status of these countries, therefore, economic restructuring has made the situation unbearable for the most vulnerable groups. Rural smallholders produce less food than can feed the nation and get scant return for the commercial crops that they must produce in preference over food. Ironically, most African countries are not making any reasonable progress in balancing payments on external debt.

There is a remarkable distinction between state and village economies. For example, Jonsson observed in Tanzania[1] (cited in Adams & Solomon, 1991) at a time when the country was experiencing an economic crisis, that families in remote rural areas could eat better. When the government was no longer able to collect coffee, farmers switched to the production of maize and beans, which meant more food for them. It is likely, in addition, that the way village economies are managed has diverse characteristics in different communities of any one country. Recognizing such a diversity and the often strong ethnic biases of many government elites, there is something to be said for community-based economic planning. Brandt et al. (1985) said it very well:

> In the poor African countries the small social units such as families and village communities have retained competence and authority, responsibility and independence in production and in the religious, cultural and social sphere....There is no need to change this....the administration [should] recognize the competence and responsibility of the people for tasks which they have performed independently from time immemorial and/or can perform more effectively and cheaply, retaining for itself only those tasks which exceed the capacity of the local population,... it [should] assume a subsidiary role. In view of the shortage of staff and budget resources and the problems of communication, there is a great deal to be said for the observance of the subsidiarity principle by the national administration...(p.XXII).

The usual national development indicators not only tend to ignore the inequitable distribution of wealth, they also fail to account for the real productive worth of persons. Economics seems to be dominated by a "purchasing power" mentality that overlooks the work of all those, from pre-school to old age, whose contribution to production is the support in kind that they provide for those of their household and community who are economically active. The small economic units described above by Brandt and co-workers rely on social and cultural integrity, which modern economic development tends to ignore. But if the poor will go without food because the safety nets are torn in the process of raising the GNP, we should stop and ask if this development is worthwhile.

Twenty years ago, the typical household in many rural African communities carried on a diversity of economic activities. For instance, a husband and wife were teachers but they also kept poultry and cultivated basic food crops. The couple lived with relatives who took care of their children, the farm, and animals in exchange for food, shelter, and clothing. Old people did not retire: they could teach the young, and grandmothers were nannies as well. Even in nuclear family units, long before girls and boys could work for a wage, they were productively caring for siblings and keeping the monkeys away from the maize field. These kinds of arrangements are becoming rare as emphasis is put on the ability to earn a monetary income, whose sources become ever more limited for each individual and family. At the same time, extended families are

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(1) Tanzania experimented with African Socialism and only adopted capitalism on Nyerere's retirement. I use it here to illustrate the gap between village and national economies.

being lost as well as, on the wider scale, support structures that ensured care for those who were disadvantaged in communities.

It is a cycle that proceeds somewhat like this: a couple decide to have only two children so that part of their income is spared for old age security. In the meantime, the national economies are continually mismanaged and the foreign debt burden increases. By the time the couple retire to enjoy their savings, the real value of these savings has been so grossly eroded that they can ill-afford basic foods. By this time, their two children are grown up and old enough to fend for themselves (to the exclusion of everyone else), or are tied down by the burden of trying to bring up their own 1.6 children!

The efficiency of the centrally governed social security system in the impoverished African economies fades beside the traditional security that was based on diversity in the means of production and on a strong social and cultural network that admitted and valued the different inputs of old and young. Even in established economies, organized social security systems are threatened by difficult economic times. Without any hope of economic recovery miracles in Africa, it is apparent that the continent should invest in alternative systems to ensure the survival of its communities. The survival of communities is a principle of sustainable development that should not be sacrificed in pursuit of a narrowly-defined self-sufficiency of individual and family units.

Non-governmental organizations (NGOs) from across the southern hemisphere have expressed strong opinions on issues related to population control, sustainable development, and social structure (Schneider & Roy, 1993). It has been argued that southern communities cannot be helped by solutions to poverty that are export-oriented and dependent on foreign capital, management, technologies, and access to markets. Further, they recognize that it is at the local level that the poor will battle for their rights to sustainable communities (Schneider & Roy, 1993, p.9).

The International Year for the World's Indigenous Peoples, 1993, has just come to a close. It has been reaffirmed by the United Nations that development should respect indigenous cultures (UN, 1993). Whereas most African communities have lost much of what made them unique, care should be taken to see that what remains of the traditional social structure is not destroyed. In celebrating 1994 as the International Year of the Family, those involved in development should allow room in their definition of family for different cultural orientations in the true spirit of a multi-cultural world.❑

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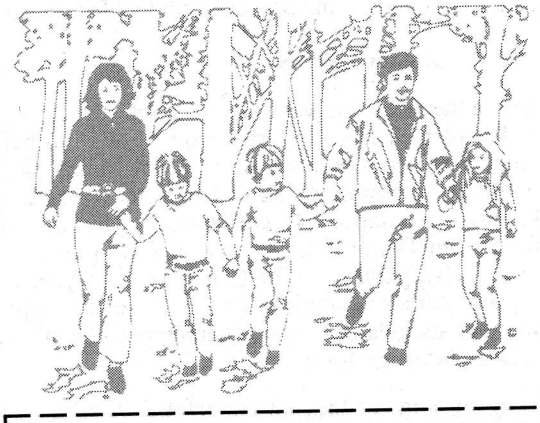

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Research Section

Conducting Dietary Surveys in Aboriginal Communities: Methodological Considerations

Marian L. Campbell, Ruth Diamant, Margaret Grunau, Judy Halladay

Abstract

Food consumption surveys in aboriginal communities present special challenges to researchers. This paper reports the approaches taken in response to the challenges encountered in a dietary survey in three northern Manitoba Cree communities. Discussion focusses on community involvement, understanding local customs and food habits, working with local interviewers, logistical issues, and aspects of research design. By sharing their collective knowledge, a team of local interviewers, health practitioners, and researchers were able to find practical solutions to the challenges encountered in the design and implementation of a dietary survey. While solutions found in one community may not be appropriate elsewhere, it is hoped that sharing this information will help others, including aboriginal communities, plan more effective dietary surveys.

Résumé

La conduite d'enquêtes de consommation alimentaire dans des communautés autochtones représente un défi particulier pour les chercheurs. Cet article fait rapport des méthodes employées pour relever les défis suscités par une enquête sur les habitudes alimentaires de trois communautés cries du nord du Manitoba. On insiste plus particuliérement sur une participation communautaire, sur une prise de conscience des coutumes et des habitudes alimentaires locales, sur le travail effectué avec les intervieweurs de l'endroit, sur des questions de logistique et sur des aspects de la méthodologie de recherche. L'expérience démontre qu'une équipe regroupant des intervieweurs locaux, des professionnels de la santé et des chercheurs peut mettre en commun ses connaissances collectives et ainsi trouver des solutions pratiques pour relever les défis soulevés par la conception et la mise en oeuvre d'une enquête de consommation alimentaire. Même si les solutions trouvées dans une communauté ne s'appliquent pas nécessairement é une autre, on espère que l'information contenue dans cet article pourra aider d'autres communautés autochtones à préparer des enquêtes de consommation alimentaire plus efficaces.

Food consumption surveys in aboriginal communities present special challenges to researchers as the communities are often remote and the culture and local conditions may be unfamiliar. In addition, while considerable literature on the nutrition of Canadian aboriginal peoples now exists, there has been limited reporting of the challenges encountered and approaches taken in conducting these surveys, possibly because of space constraints in government reports and scientific publications.

This paper provides recommendations with respect to a number of technical aspects of dietary surveys based on the authors' experiences in a dietary survey in northern Manitoba (Campbell, Diamant & Macpherson, 1992). Aspects discussed include community involvement, constructing sampling frames, hiring and training interviewers, pretesting, implementation and monitoring procedures, data analysis and standardization, and reporting back. While it is recognized that what works and does not work in any survey is influenced by the communities involved and the objectives of the study, it is hoped that sharing this information will help other communities plan dietary surveys. This is a timely issue as aboriginal communities are now beginning to assume more control over their health services and, in the process, conduct health needs assessments.

Overview of the Dietary Survey

The objective of the dietary survey was to describe the current eating patterns and nutrient intakes of preschool children, women of child-bearing age, and older adults in three Cree communities in northern Manitoba. God's River (GR), population 400, is accessible by air or by winter road from Cross Lake. South Indian Lake (SIL), population 845, can be reached by air or, in summer, by gravel road and ferry from Thompson, and in winter, by gravel road and winter road. Nelson House (NH), population 3000, is accessible year round by gravel road from Thompson. A more complete description of the communities, their food supply, and other sociodemographic characteristics can be found in Campbell, Diamant & Macpherson (1992).

The survey investigated the following: food intake using a 24-hour recall; the seasonal availability of traditional native foods (i.e., wild game, birds, fish, and berries) using a food frequency questionnaire; food preferences; and various factors influencing either the access to or consumption of traditional and marketed foods. Data were collected in the fall and in the winter.

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Prior to beginning the dietary survey, discussions were held with other researchers who had experience conducting similar surveys in other aboriginal communities in Canada. The methods and procedures used in this study evolved from the work of these researchers and many other persons who knew the communities or had experience working in aboriginal communities (Kuhnlein, 1984; Kuhnlein, 1989; Lawn, 1989; Wein & Sabry, 1988; Wein, Sabry & Evers, 1989).

Community Involvement

A critical first step for the successful completion of the survey was obtaining the approval and cooperation of the local authority — the chief and council, tribal council, and health service providers employed by the government or the band. Time constraints associated with the funding arrangement prevented additional community involvement at the outset of the study. However, it is recognized that community involvement in the identification of needs and participation in all aspects of a study contributes to community action on recommendations resulting from the study. Frideres (1992) gives useful ideas on how to gain community involvement from a participatory research perspective. *Ethical principles for the conduct of research in the North* (ACUNS, 1982) is an essential guide.

Understanding local customs and food habits

Becoming familiar with local customs and food habits is a primary requirement for fieldworkers who are from outside the area or culture (Asselbergs & Sabry, 1988). In the present study this was achieved through qualitative research conducted prior to the cross-sectional survey. Information obtained was used to guide the process of collecting survey data, especially the development of the survey questionnaire, and to provide an overall picture of the food supply, its context, and potential influences. From the inception of the study, qualitative and quantitative research were viewed as complementary parts of a single research strategy (Van Esterik, 1983).

The qualitative phase involved exploratory discussions with local people and others who knew the community well. The Medical Services Branch (MSB) nutritionist shared knowledge and introduced the researchers to each community. The researchers made a one-day visit to each community where the local people taught much about their communities and the food supply. In addition, a married couple living in Winnipeg, who had grown up in two of the communities, still visited frequently, and were working on another research project in the communities, showed the researchers during a three-day workshop how to adapt survey methods to community needs. This workshop focussed on how to train community members to conduct a 24-hour recall of food intake, how to adapt food models to show usual portion sizes in the community, and how local foods are prepared. In the process the researchers increased their knowledge of the local culture prior to going to the field.

The preliminary qualitative phase also involved personal in-depth interviews with local fishermen, hunters and trappers (US Dept. Health and Human Services, 1984) to provide information so that interviewers could be trained and data coded appropriately. The interviews explored the seasonal availability of traditional foods and the months in which to conduct the study; the extent of use of different parts of various animals, fish, and birds in each community in order to develop the food frequency questionnaire; and the methods commonly used to preserve, prepare, and serve different traditional foods. One researcher spent a week in each community working with a local interviewer/translator to identify and interview key informants (n=24), using an interview guide and a tape recorder. On the advice of local people, interviews were conducted with individuals alone or with another family members rather than in groups as Kuhnlein (1984) had done in her preliminary work with the Nuxalk.

Local hunters and trappers showed how wild game and birds were cut into portions for cooking. Schematic drawings of a rabbit, beaver, moose, etc., were presented and the hunters/trappers showed how each species would be cut. This information was used to train interviewers in how to assess portions of food from different cuts from the various species. Fishermen were consulted about the usual size of local fish, because fish are generally larger from northern than from southern lakes. Shapes of fish (full-size) were cut from paper according to specifications for fish size from Fisheries and Oceans Canada (1981). The fishermen indicated if the shape represented a small, medium, or large fish. This information provided ideas for training interviewers in how to assess portions of different shaped pieces of fish. The fishermen also showed how the fish would be cooked and cut for eating.

This approach of listening to and learning from local people provided an excellent awareness of local food habits and sensitivity to customs and language. Although costly in time, it contributed to the successful design and implementation of the survey. Others have found it equally successful (Kuhnlein, 1984; Kuhnlein, 1989; Kuhnlein, 1991; Lawn, 1989; Wein, Sabry & Evers, 1991; Wein & Freeman, 1992).

Constructing a Sampling Frame

The construction of a sampling frame from which a representative sample could be selected presented another challenge (Lepkowski, 1991; Kuhnlein, 1989; Wein and Freeman, 1992). Band lists and community lists were used to obtain data on population size, but were not always up-to-date. For example, the band list in NH under-represented the population of preschool children (13-48 months) in the community. It was augmented with information provided by the band office and nursing station. In addition, the band list in NH and the community lists used in GR and SIL over-represented the population of 16- to 45-year-old women in the community since many on the lists had left the community to attend school. The latter problem was not detected until data collection was underway.

This problem might have been prevented if a community committee had been consulted to update the lists for births, deaths, marriages, and in- and out-migration due to hospitalization, school, etc. Committee members would be knowledgeable about the community and could ensure that the sampling frame neither over-represented the target population by including people who were not in the community, nor under-represented it by excluding people who actually were in the community.

Hiring and Training Interviewers

Choosing to use local interviewers who are not trained in nutrition instead of nutritionists who do not know the community involves certain trade-offs. In the present study, local interviewers were recruited from ads placed throughout the community. The researchers in consultation with the local employment office selected interviewers who knew their community, were bilingual (Cree and English), and were familiar with local food habits and customs. Using these criteria for selecting interviewers ensured their acceptance by the community, influenced cooperation, and resulted in high participation rates (Campbell, Diamant, Macpherson, 1992; Kuhnlein, 1984; Kuhnlein, 1989; Lawn, 1989). Local interviewers were able to locate subjects in these communities where street numbers are not used and many subjects have the same surnames. Children's names were listed with the parents to aid identification. Sharing their knowledge of where subjects lived increased contact rates and helped organize the data collection strategy. The interviewers had networks that allowed them to know when people were in or out of town, which also increased contact rates. Thus local interviewers were instrumental in locating subjects and gaining their cooperation. As a further motivation to participate, subjects received a plastic mug with a logo which proved to be very popular.

Most of these interviewers, however, had little or no experience in conducting interviews and had to be trained in the art of interviewing and questioning (Kuhnlein, 1989; Lawn, 1989) which required sufficient time for practice, especially for the 24-hour recall. To ensure that enough detail was collected to code the recalls, interviewers had to become knowledgeable about the purpose of the study and the food composition tables to be used in analysis.

The training sessions actually provided for an exchange of knowledge and skills – the researchers shared interviewing skills while the interviewers shared knowledge of local foods, portion sizes and ways to measure them, local terms for foods (e.g., cartoned milk), and the kinds of foods available in different seasons. The interviewers also identified commonly used eating utensils, such as mayonnaise and peanut butter jars for cups for beverages; plastic margarine containers for bowls for soups, stews, and macaroni dishes; plastic disposable drinking cups; and tin mugs and pie plates used on the trapline and at camp. These items were included in a food models kit.

Interviewers from the various communities were trained together to ensure that survey procedures were implemented similarly across communities. Training occurred outside the communities to avoid interference from home obligations. Because the training session occurred before the pretest, it was an opportunity for researchers and interviewers to share knowledge and achieve a consensus on how to conduct the pretest. This approach proved synergistic — interviewers felt a greater part of the project, and procedures were improved by adapting them to local conditions.

Pretesting

In this study, the pretest was conducted to assess the suitability of the research instruments in terms of language and the burden imposed on respondents; the interviewers' ability to collect accurate, reliable data; the time taken to complete an interview in relation to expectations; the ability to locate respondents; the likely response rate; the suitability of rates of pay for interviews completed; and the logistics of carrying out the survey.

The pretest was conducted in the study communities rather than in another community because logistical problems were expected to be unique to each community. The pretest used the same interviewers as in the final study, thus building the interviewers' role in the research team. The interviewers' comments on all aspects of the pretest were solicited during a group discussion which was audiotaped in the community at the end of the pretest and used to make changes for the final study.

The importance of a pretest to the overall success of a study cannot be overstressed. All steps in the research process should be pretested. In the present study, the data coding and analysis procedures were not pretested; consequently, the time and money required for this step were underestimated. It is important to allow sufficient time between the pretest and the final study to make adjustments in procedures based on the pretest results. Numerous problems surfaced in the pretest of the present study; however, solutions were found that led to a fairly smooth final study. The difficulties that did arise and the approaches taken to deal with them are discussed throughout this paper.

Implementing and Monitoring Study Protocols

During the pretest, one of the interviewers in each community was in charge of the work of the others. It was found that nutrition coordinators who were more experienced in research and nutrition were essential to meet the needs of the survey (Kuhnlein, 1989; Lawn, 1989). Nutrition coordinators monitored the work of the interviewers, provided retraining, and coded incoming data.

The nutrition coordinators, graduates in foods and nutrition, were from Winnipeg but lived in each community during data collection. They were hired, trained, and monitored by the researchers. More coordinators were hired and trained than were needed immediately, in anticipation of drop-outs. Coordinators were hired on the basis of their sensitivity to local customs and their ability to live in a remote area for several weeks. To manage feelings of isolation, the coordinators had phone and FAX access to each other, to the researchers, and to their families. In addition, the coordinators returned home for a weekend at the mid-point of data collection. At this time they also met with the researchers to restandardize procedures across communities and to check that incoming data met research needs.

Logistical issues

Many aspects of the traditional way of life in the communities were incorporated in the research design and implementation procedures. Because some families lived at fish camps in the summer, data were not collected during this season. Available resources were insufficient to send interviewers to fish camps as was done by Kuhnlein (1991). Other residents who lived on the trapline for extended periods of time were interviewed when they returned to the community for supplies, but inevitably some were missed.

Day-to-day activities in the community also were taken into account. Twenty-four hour recalls were not conducted on Saturday and Sunday because of the difficulties involved in interviewing on those days. The omission of Friday and Saturday intakes limited the ability to generalize results to the entire week.

Language was another consideration. Some interviewers were concerned that their Cree was not as good as that of the elders they were to interview. To help standardize the language used by the interviewers, the questions on the questionnaire forms were recorded on audio tapes in Cree and these tapes were used for training. This approach proved successful whereas writing the questionnaires in Cree phonetics was not. Literacy levels of the respondents influenced the choice of methods. Since some of the older subjects could not read or write, questionnaires and consent forms were administered orally by the interviewers.

Maintaining the same interviewers throughout the study was another problem. Of the 12 interviewers who were trained, four dropped out for personal reasons or received permanent employment. It is recommended that more interviewers be hired and trained than initially necessary, especially if the study is conducted over several months (Kuhnlein, 1989; Lawn, 1989).

An efficient method of paying local interviewers in cash was an important factor in maintaining morale. Because the communities had no banks, the nutrition coordinators were provided with travellers' cheques or, in some cases, large amounts of cash. When the local store had sufficient cash on hand, the nutrition coordinators could cash the travellers' cheques, but, at times, they had to go to nearby larger communities to obtain cash. Interviewers were paid for each completed interview.

The study schedule allowed for delays in the transport of people and supplies. Snowstorms and heavy rains could make gravel roads and airstrips impassable. Transportation within the communities also had to be provided for the interviewers since the weather and the distance between households made walking difficult. The type of transportation depended on the season (e.g., snowmobile, truck, car). Whatever the mode of transport, study equipment (e.g., food model kit) had to be lightweight and easy to carry.

Because none of the communities had hotels, finding accommodation for visiting research staff also took time. Local people helped find a variety of suitable accommodation, for example, the teacherage, the home of local clergy, or the nursing station.

Transfer and storage of survey records was another consideration. Confidential data had to be kept in locked storage, which was often in short supply. In addition, transferring records from the community to the study analytical centre often involved several steps, which increased the chance of data loss. Doctors and dentists who frequently visit these communities were helpful carriers. In addition, padded envelopes with prepaid postage speeded mailing and prevented data loss.

To document these and other logistical problems, the nutrition coordinators kept a journal, recording unusual events, observations, and comments from interviewers. From the journal entries it was possible to see patterns developing. For example, it was noted that interviewing was disrupted on certain days — days when paychecks and welfare checks were received, bingos, Friday afternoons for shopping in one community, and days when the whole community was affected by an event such as a funeral or a town hall meeting. It also became evident that morning was a good time to interview elderly people but not younger women and that working women were hard to reach at any time due to busy schedules. Thus the journal was a valuable source for revealing logistical problems and explaining unusual data.

Data Analysis and Reporting Back to the Communities

Coding food intake data

Dietary recalls were coded in the field by the nutrition coordinators. Field coding had several advantages: (1) interviewers were available to clarify questions in the recalls; (2) weights of foods purchased in stores and ingredients in restaurant items were obtained readily; (3) local people could show the preparation of typical food mixtures for weighing; and (4) local fishermen, trappers and hunters could show the usual size of fish and various parts of wild game and birds (e.g., rabbit leg, beaver tail).

To standardize coding across communities, a list was made of all foods in the 24-hour recalls from the pretest and, during training, the nutrition coordinators achieved consensus on codes for each food. In addition, a more experienced coder was in charge of questions that arose in the field. Sufficient resources are essential for communication among coders in the field.

Food composition tables were found to inadequately represent the range of foods and methods of food preparation and preservation used in the communities. Many traditional foods were not in the Canadian Nutrient File (CNF) (Health and Welfare Canada, 1988) and were substituted with foods of a similar composition (e.g., "rabbit liver, boiled" was coded as "chicken liver, simmered"; "moose kidney, fried" was coded as "beef kidney, simmered" and additional fat was coded). For other foods, values for the raw but not the cooked form were available. In addition, fish and wild game/birds often are boiled in these communities, and the boiled values for many of these are not in the CNF (e.g., boiled pickerel, lake trout, goose, beaver, moose). Boiled values for store-bought meats also are often missing in the CNF (e.g., boiled hamburger, round steak, etc.). In addition, values for some fish and wild game that are smoked and dried are not available (e.g., dried and smoked moosemeat and caribou; smoked lake trout and pike). Health and Welfare Canada provided calculated values for some boiled, dried, and smoked meat and fish as a "best estimate." In addition, the bannock code in the CNF was not appropriate as calcium enriched flour was not commonly used in the three communities. Therefore nutrient values were calculated for a typical bannock recipe as prepared by a local person using locally-available regular flour.

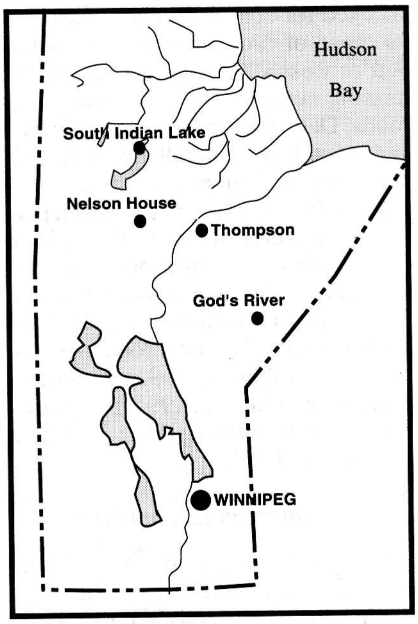

Figure 1. Map of Manitoba showing the location of communities.

Coding commonly-used mixed dishes (e.g., soups, stews, macaroni dishes) was difficult as written recipes are not generally used. In this case, subjects were asked to either list the amount of each ingredient in the total mixture and determine what proportion of the whole dish was eaten or list the ingredients and estimate the amount of each ingredient eaten.

In short, before the study begins, the completeness of available food composition data must be assessed in relation to the particular needs of the study. The nutrient database must be checked for completeness in terms of its range of foods and their prepared and processed forms, as well as for missing nutrient values for individual foods. Decisions must be made, in advance, on how to handle missing values. Time and money must be available for fieldworkers to purchase, prepare, and weigh foods in the field in order to obtain accurate food composition data. Additional resources would be required if chemical analysis of the nutrient content of local foods were to be done (Kuhnlein, 1991; Kuhnlein, Kubow & Soueida, 1991; Appavoo, Kubow & Kuhnlein, 1991; Kuhnlein & Soueida, 1992).

Data management and analysis

It is important that all members of the research team be aware of the steps involved in the analysis of the data and the approximate time required for each step. This will prevent frustrations from occurring when considerable time passes between data collection and the final report. In addition it is critical that sufficient resources be available for data analysis. In the present study, the pretest suggested the need for nutrition coordinators to support data collection in each community. Since the budget did not include these persons, money was diverted from data analysis for this purpose. This placed additional demands on the researchers themselves to undertake the completion of the analysis, resulting in inevitable delays in the final report.

Reporting Back to the Communities

The importance of reporting back to the community cannot be overstressed and is an ethical obligation (ACUNS, 1982). In the present study, each participant received a letter between the fall and winter data collection periods. In addition, a comprehensive technical report and shorter summary report, in English, were presented to each community, and the study results were discussed in a visit to each community by the MSB nutritionist and one of the researchers. It is highly recommended that future studies allow sufficient time and money for translation of study results into the local language, possibly using audio cassette tapes in addition to written materials. It may also be useful to provide ongoing explanations of research findings to the community throughout the study so that comments from the people could be incorporated in the final report and recommendations. Clearly, sufficient time and money for reporting to the community must be included in the original research design and budget.

Conclusion

Numerous challenges arise in the design and implementation of dietary surveys in aboriginal communities. The essential first step is to establish that the community perceives a problem, wants help, and is committed to acting on the results of the study. Once ownership of the survey is clearly established in the community, a team of local people, health practitioners, and researchers can share their collective knowledge and find practical solutions to the challenges that arise. However, solutions found in one community may not be appropriate elsewhere. Therefore, research plans must allow sufficient time and money for the research team to become familiar with local customs and food habits and adapt their methods to local needs. ❑

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CHEA Strategic Plan 1991-1995

The development of a strategic plan is a process which helps organizations to understand and plan for their future. As operating environments change, organizations must recognize their strengths and weaknesses and direct their resources appropriately so that the most important purposes are accomplished. The Canadian Home Economics Association has had a strategic plan since the mid-1980s.

Several members have expressed interest in the association's strategic plans, and the *Journal* editor has agreed to include them in this issue. The current CHEA Strategic Plan was developed by tthe Board of Directors in 1990, and has been used as a road map for its activities from 1991 to 1995. The current Board and Executive for 1992-1994 has followed the plan and an assessment of the plan has been done each year as specific actions and dates for completion of work have been developed. Many of the objectives and specific plans have been accomplished while some are ongoing, such as providing a conference. In order to conserve space, only the outline of the Plan is presented here; a full copy may be obtained on request from the National Office.

The International Development Program Strategic Plan outlines the program objectives from 1993 to 1998 and was passed by the Board in 1993. It has been edited and shortened for the *Journal*. For those interested, a full copy may be obtained.

During the term of the next Executive from 1994 to 1996, the CHEA Plan will be revised and the International Development Strategic Plan will be integrated within one document for the association. This action will allow for a better understanding of the interaction between our many and varied program activities. Members are encouraged to participate in the development of the Strategic Plan which will guide CHEA activities for 1995 to 2000. Comments and suggestions may be directed to your Provincial/Territorial Director or to any member of the Executive. Your association needs to reflect your priorities, and we look forward to your comments!

GOAL 1: TO MAINTAIN A STRONG PROFESSIONAL HOME ECONOMICS ASSOCIATION

Objective	Action
1.1 To Maintain High Standards of Professional Practice and Training Implementation	1. Publish the Code of Ethics. 2. Support efforts by provincial home economics associations to become registered. 3. Maintain links with universities to ensure a basic standard of professionalism; ensure that a course related to professionalism and the home economics profession is part of every university training program. 4. Respond to issues raised by CHEA Task Force on Universities. 5. Ensure continuing education for practicing home economists.
1.2 To Provide Membership Services	1. Promote student membership; continue CHEA's involvement in ring ceremonies at universities. 2. Increase membership through federated groups; establish a visible presence at local meetings. 3. Disseminate information about CHEA programs and services to members through brochures, displays, and printed material.

Objective	Action
1.3 To Provide Educational & Professional Development Opportunities for Members Actions	1. Provide an annual conference which offers technical, professional, and occupational educational opportunities for members. 2. Provide a video library at the CHEA National Office. 3. Publish a scholarly journal which provides technical and professional information. 4. Provide inserts for provincial newsletters. 5. Provide an annual workshop on an international development topic. 6. Provide training to members working on CHEA-funded international development projects which will enhance their ability to successfully carry out the projects. 7. Publish a quarterly newsletter on international development issues. 8. Provide teacher in-service workshops to support integration of international development concerns into home economics/family studies curricula. 9. Support provincial and branch development education programs, such as workshops and speakers. 10. Provide an international development resource loan service from the CHEA National Office and disseminate information about other development education resources. 11. Develop and produce educational and curriculum resources to enhance understanding of international development issues. 12. Provide gender and development training.
1.4 To Increase the Presence of CHEA and the Home Economics Profession at the Universities	1. Reinforce the contact with Deans and Directors; encourage an accreditation process. 2. Develop and distribute promotional material that indicates which universities offer undergraduate and graduate home economics and related programs, indicates contact person, has some visual component for each university, indicates specialty of the university, defines approximate costs, and articulates job opportunities. 3. Support collaborative projects which promote integration of international development into home economics, home economics teacher education, and related programs in Canadian universities.
1.5 To Encourage and Support Research and its Dissemination and Use	1. Support the research section of the CHE *Journal.* 2. Support CARHE's inventory of research by publicising its availability and encouraging its use. 3. Support CARHE directory through promotion. 4. Lobby for money for research on family-related issues. 5. Keep an inventory of existing funding sources. 6. Determine what family-related issues should be government priorities, e.g., day care, pension reform. 7. Provide conference time for research presentations.
1.6 To Define and Articulate the Home Economics Profession	1. Define the profession of home economics and ensure that applicants for membership meet these criteria.

GOAL 2: TO PROMOTE THE HOME ECONOMICS PROFESSION

2.1 To Increase Visibility of the Home Economics Profession	1. Promote the use of public service announcements. 2. Team with CDA for Nutrition Month and implementation of national nutrition guidelines. 3. Publicise award winners and other accomplishments of home economists. 4. Recommend members for speakers bureau. 5. Support and promote the CHEA Foundation.
2.2 To Initiate, Foster, and Support Professional Positions in Public Policy which are Related to the Home Economics Profession	1. Define CHEA policy regarding gender and development and develop a position on gender equity issues.
2.3 To Expand the Job Market for Home Economics	1. Mandate a task force to investigate and implement a coordinated program of selling home economics to business and industry. 2. Mandate each professional practice group to maintain a task force on how to expand the job market within its area of expertise and report to the Board meetings. 3. Mandate a task force, which would include Deans and Directors, to develop a list of new job descriptions based on the courses offered presently at universities; develop a list of prospective employers of home economists based on the courses offered presently at universities; develop a second list of prospective employers of home economists based on new job descriptions.

GOAL 3: TO MANAGE THE PROFESSIONAL ASSOCIATION

Objective	Action
3.1 To Ensure Effective Management of the Organization	1. Ensure leadership systems which facilitate the operation of the affairs of the association; provide opportunities for training of Board members on role and responsibilities of their position and ensure accountability; provide support to leaders in carrying out their responsibilities. 2. Maintain financial, organizational, and personnel systems which facilitate the overall effective management of CHEA. 3. Maintain a commitment to bilingualism.
3.2 To Maintain a Stable Financial Base	1. Maintain membership which will produce revenue. 2. Build and maintain short-term investments at a minimum of one-half of the CHEA operating budget (one-quarter of all major fund-raising revenue to be diverted into investments). 3. Maintain a five-year financial plan, and monitor and revise regularly, as required.
3.3 To Ensure that Strategic Planning Continues	1. Communicate the Strategic Plan to the membership and seek approval and support. 2. Receive action plans and recommendations from all committees and individuals named in the Strategic Plan. 3. Request membership input on priorities for action to be included by the Executive in action plans to be approved by Board of Directors.
3.4 To Provide Internal Communication	1. Continue to strengthen members' services and communication tools: a strong professional journal; a membership directory. 2. Use the CHEA conference as an instrument of communication of information. 3. Plan for visibility of the Executive and Board through travel and representation to the membership. 4. Maintain links between specialized groups within the CHEA (e.g., subject matter groups, educators, business members, and academics), through "networking" and regular contact. 5. Keep members informed about issues related to public policy. 6. Seek advice and assistance of individual members: Operation Alert; feedback from members; involvement in developing positions, briefs, and resolutions.
3.5 To Maintain Strong Ties with the International Federation of Home Economics (IFHE)	1. Collect IFHE membership fees (individual and group) through National Office. 2. Promote IFHE whenever possible. 3. Encourage and support Canadian involvement with IFHE committees and executive.
3.6 To Explore Revenue Generation	1. Implement guidelines for revenue-generating activities. 2. Work within approved guidelines for revenue generation. 3. Seek funding for international partnership and development education programs from CIDA and other sources.

GOAL 4: TO IMPROVE THE QUALITY OF LIFE FOR INDIVIDUALS AND FAMILIES

4.1 To Advance Basic Family Living and Life Skill Education	1. Stay informed of course content at university and high school level in family living and life-skill management. 2. Support high school programs of home economics through position papers and communication of their recommendations. 3. Identify and keep an inventory of home economists who are experts in the field. 4. Support initiatives by home economics associations in economically developing countries to ensure that curricula and educational materials are relevant to the critical needs and lives of the majority of families and individuals in the country. 5. Encourage gender balance in home economics curricula and teaching strategies in both Canada and the Third World.
4.2 To Initiate, Foster, and Support Private and Public Policy Which Improves the Quality of Life for Individuals and Families	1. Contact advisors in each government department where CHEA may be involved. 2. Identify priority issues by liaison with CARHE and CHEA membership committees annually. 3. Develop briefs, position papers, resolutions, workshops, and other programs to encourage dialogue, decision-making and presentation of the home economics profession position. 4. Work with related organizations to mark "1994 - International Year of the Family" in Canada in a way that fulfills CHEA's stated mission and aims. 5. Support native self-government issues by responding to foods and nutrition training initiatives. 6. Improve dialogue on circumpolar needs through Native and Northern Affairs Committee.

Objective	Action
4.3 To Assist the Public in Making Informed Decisions Related to Nutrition, Textiles and Clothing, Family and Human Development, Housing and Other Areas in Which Home Economists have Expertise	1. To assist the public in making informed decisions —
4.4 To Share Knowledge with the World Community	1. Encourage formation of International Development committees at provincial and branch levels and assist with the establishment of twinning partnerships. 2. Support the development and implementation of joint projects between CHEA federates and Third World home economics associations. 3. Cooperate with other associations and agencies involved in home economics projects in developing countries.

STRATEGIC ORIENTATIONS FOR CHEA INTERNATIONAL DEVELOPMENT PROGRAMS 1993-1998

Mission and Vision

The International Development (ID) Program of CHEA was first established in 1976 during the XIIIth International Congress of the Federation for Home Economics (IFHE) in Ottawa. Since that time, the CHEA-ID program has evolved and now consists of two different but complementary components, the partnership program and the development education program.

CHEA ID Program's mission is twofold: (1) To strengthen home economics associations and professional practice in the developing world and in Canada through professional association partnerships using a collaborative, feminist, and grass-roots approach; (2) To enable home economists both in developing countries and in Canada to promote sustainable development based on justice and popular participation.

GOAL 1. PROMOTE GLOBAL COOPERATION BETWEEN CANADIAN HOME ECONOMISTS AND THEIR COUNTERPARTS IN DEVELOPING COUNTRIES

1.1 Continue to promote the philosophy of professional partnership between Canadian and overseas home economics associations to ensure that all the projects and activities funded by CHEA-ID are based on more mature, balanced, and egalitarian partnerships.	1. Use the project approval process to encourage home economics associations to strengthen their partnership links. 2. Encourage an update of home economics associations' theoretical and practical knowledge about professional partnerships. 3. Provide educational and professional development opportunities to improve practices of partners in program management, collegial participation, participatory evaluation, and integration of interventions within the development context of the 1990s. 4. Develop a system for shared decision making, planning, monitoring and evaluation between the partners. 5. Increase theNational International Development Committee, Project Review Committee, and International Development Officer's roles in project management in order to ensure better program management. 6. Develop a better liaison with other agencies involved in professional partnerships in the Third World to better assess what is being done and what could be done. 7. Be receptive to new forms of partnership, including other models than actual twinning in order to provide more opportunities for home economists to work on development issues. 8. Promote greater commitment of CHEA members and Executive and Board to the partnership program and ID program in general. 9. Facilitate sharing of partnership experiences among/between Canadian home economists and their counterparts (North-North, North-South and South-South).
1.2. To improve the association-strengthening component of all partnership projects in order to develop sustainable and accountable professional associations in the developing world and to make them active and accountable change agents within their communities.	1. Develop ways to ensure that both partners understand and are committed to CHEA-ID's mission with regard to association strengthening. 2. Monitor the application of this mission during the funding approval process. 3. Give priority to activities which promote democratic mechanisms and members' participation at all levels of the professional association. 4. Develop an information-sharing process within/between home economics associations in Canada and in Third World countries on sustainable and accountable professional associations. 5. Provide training on association strengthening and popular participation. 6. Increase the N-IDC, PRC, IDO's roles in assessing/evaluating association-strengthening

Objective	Action
	activities to ensure better congruence between project activities and CHEA-ID's mission. 7. Continue to implement CIDA's evaluation recommendations with regard to strengthening the organizational capabilities of Canadians and their overseas partners.
1.3 To promote equitable participation and benefits for all family members—women, men, and children both girls and boys — in projects and activities.	1. Assist home economics associations in Canada and in Third World countries to understand and apply gender equity and development principles. 2. Promote women and girls as agents, participants, and beneficiaries of the development process. 3. Monitor the application of this gender perspective during the funding approval process.
1.4. Stimulate a deeper commitment of Canadian home economists and their counterparts in developing countries to activities that promote sustainability and have positive impacts on the social, economic, physical, political, human, and family environment.	1. Support home economics associations in Canada and in the Third World countries to understand the global context of sustainable development. 2. Provide training in the design of sustainable activities and the development of a sustainable professional association for partners in Canada and developing countries. 3. Monitor the application of this sustainable concept of development during the funding approval process.

GOAL 2: TO RAISE PUBLIC AWARENESS AND PROMOTE DEVELOPMENT EDUCATION

2.1 Foster a deeper and broader professional commitment to responsible, sustainable world development in accordance with the mission statement of home economics.	1. Use funding process to ensure activities and resources that (1) focus on a few major themes reflecting International Development Program strategic orientations (sustainable development, gender equity, empowerment and local control, democratization); and (2) highlight the interdependency of development problems faced by families in the North and South. 2. Use annual preconference workshop as a vehicle for educating leaders (who will initiate development education and partnership activities at the provincial and branch level) about current issues of sustainable development. 3. Involve more members in the preparation of the development newsletter and other resources and dissemination to the membership. 4. Support provincial, branch, and teacher association programs for their members which contribute to better understanding of the principles and stakes involved in sustainable development. 5. Seek higher profile for and better incorporation of development topics, issues, and speakers in annual conferences of CHEA, provincial home economics and teacher associations. 6. Make educational and promotional resources more easily accessed by members.
2.2 Enable Canadian home economists to better understand how development problems and issues can be resolved through successful partnership programs.	1. Encourage and support workshops for associations to study the issues specific to their partner's country and analyze the impact of their partnership project on resolution of these issues. 2. Develop resources (video, display, and booklet) which increase understanding of the impact of CHEA partnership projects on families in those communities. 3. Promote and support the involvement of overseas partners in planning and implementing public education activities in Canada. 4. Make better use of *ID Connections* to publicize information on projects which successfully develop sustainability and promote democratization.
2.3 To strengthen the capacity of Canadian home economics professionals and associations to educate their publics and communities about development issues.	1. Conceptualize and support public education activities which can be implemented by provincial/branch associations during International Development Week. 2. Promote and support the use of home economists as resource persons for education activities organized by other groups. 3. Encourage provincial/branch associations to better utilize local media to inform the public about development issues and accomplishments. 4. Develop resources for teachers to use with students. 5. Provide opportunities for university home economics faculty and students, particularly those in education, to increase the study of development issues in their programs. 6. Continue to organize updating seminars for teachers in CHEA's global education network. 7. Support development of a series of graduated global education workshops for provincial teacher associations to offer members for professional development and to train leaders to give workshops. 8. Conduct or support action research on the implementation and impact of global education in secondary school home economics programs.

GOAL 3: TO LINK PROGRAM EXPERIENCE TO GOVERNMENT POLICY DELIBERATION THROUGH POLICY DIALOGUE

Objective	Action
3.1 To help Canadian home economics associations increase their influence over the development of national policies respecting the Third World	1. Monitor policy issues and positions taken by other development organizations and request action by the CHEA Public Policy Committee on those in which home economists have a professional interest or responsibility. 2. Use preconference workshop to initiate resolutions and/or position papers on public policy issues concerning development. 3. Encourage associations to keep their Members of Parliament informed about CHEA development initiatives and to lobby for re-direction of foreign aid to human development priorities.

PLAN STRATÉGIQUE DE L'ACEF 1991-1995

L'élaboration d'un plan stratégique est un processus qui permet aux organismes de mieux comprendre et de mieux planifier leur avenir. Au fur et à mesure qu'évolue leur méthode de fonctionnement, les organismes doivent prendre conscience de leurs forces et de leurs faiblesses et orienter leur ressources en conséquence, afin d'atteindre leurs principaux objectifs. L'Association canadienne d'économie familiale se sert d'un plan stratégique depuis le milieu des années 1980.

Comme bon nombre de membres se sont dit intéressées à connaître les plans stratégiques de l'Association, la rédactrice en chef de la *Revue canadienne d'économie familiale* a accepté de les inclure dans le présent numéro. Élaboré en 1990 par le Conseil d'administration, le plan stratégique actuel a permis la planification des activités de 1991 à 1995. Le Conseil d'administration et le Bureau de direction élus pour les années 1992 à 1994 ont suivi ce plan et en ont effectué une évaluation annuelle à mesure que se précisaient les activités et les dates d'échéance. Bon nombre des objectifs et activités ont été réalisés, tandis que d'autres sont en cours de réalisation, telle l'organisation du congrès. Pour des raisons d'espace, nous ne tracerons ici que les grandes lignes du plan stratégique; vous pouvez vous procurer un exemplaire du plan intégral auprès du bureau national.

Le Plan stratégique du programme de développement international, adopté par le Conseil d'administration en 1993, présente les objectifs du programme de 1993 à 1998. *La Revue* en présente une version révisée et abrégée. Toute personne intéressée peut se procurer un exemplaire du plan intégral.

Le plan de l'ACEF pour les années 1994 à 1996 sera étudié de nouveau durant le mandat du prochain Bureau de direction élu; on y intégrera le Plan stratégique de développement international pour ne former qu'un seul document. Ceci permettra de mieux comprendre l'interaction entre les nombreuses et diverses activités de nos programmes. Nous encourageons les membres à participer à l'élaboration du plan stratégique visant à orienter les activités de l'ACEF de 1995 à 2000. Vous pouvez faire parvenir vos commentaires et suggestions à votre représentante provinciale ou territoriale ou à tout membre du Bureau de direction. Votre association doit tenir compte de vos priorités; c'est pourquoi nous attendons vos commentaires!

BUT 1 : MAINTENIR UNE SOLIDE ASSOCIATION PROFESSIONNELLE D'ÉCONOMIE FAMILIALE

Objectif	Activités
1.1 Maintenir des normes élevées de pratique et de formation professionnelles	1. Publier le code d'éthique professionnelle. 2. Appuyer les efforts des associations provinciales d'économie familiale qui désirent être accréditées. 3. Maintenir des liens avec les universités afin de garantir des normes professionnelles de base; s'assurer qu'un cours portant sur le professionnalisme et sur l'économie familiale fait partie de chaque programme de formation universitaire. 4. Répondre aux questions soulevées par le groupe de travail de l'ACEF sur les universités. 5. Garantir une formation continue aux économistes familiales actives.
1.2 Offrir des services aux membres.	1. Promouvoir l'adhésion des étudiantes; poursuivre la participation de l'ACEF aux cérémonies de remise des bagues des diplômées dans les universités. 2. Élargir l'adhésion des membres par l'entremise des organismes fédérés; assurer une présence visible aux réunions locales. 3. Informer les membres sur les programmes et les services de l'ACEF au moyen de brochures, de présentations et d'imprimés.

Objectif	Activités
1.3 Offrir aux membres des occasions de perfectionnement général et professionnel.	1. Organiser un congrès annuel qui offre aux membres la possibilité de parfaire leurs connaissances techniques et professionnelles. 2. Installer une vidéothèque au bureau national de l'ACEF. 3. Publier une revue spécialisée qui présente de l'information technique et professionnelle. 4. Préparer des articles pour les bulletins provinciaux. 5. Offrir un atelier annuel sur la question du développement international. 6. Offrir aux membres qui travaillent à des projets de développement international subventionnés par l'ACEF une formation qui leur fournira les compétences nécessaires à la réussite de ces projets. 7. Publier un bulletin trimestriel sur les questions de développement international. 8. Offrir aux enseignants des ateliers de perfectionnement sur place, en vue d'appuyer l'intégration des questions de développement international dans les programmes d'économie familiale et d'études de la famille. 9. Aider les programmes d'éducation sur le développement dans les provinces et les sections, notamment par des ateliers et des conférenciers invités. 10. Offrir un service de prêt de ressources en développement international, à partir du bureau national de l'ACEF, et diffuser de l'information sur les autres ressources pédagogiques sur le développement. 11. Élaborer et produire des ressources éducatives et des programmes d'études en vue de favoriser une meilleure compréhension des questions de développement international. 12. Offrir une formation sur le rôle des femmes dans le développement international.
1.4 Accroître la présence de l'ACEF et de la profession d'économiste familiale dans les universités.	1. Resserrer les liens avec les doyens et les directeurs; encourager la mise sur pied d'un processus d'agrément. 2. Concevoir et distribuer du matériel promotionnel qui indique quelles universités offrent des programmes de 1er et de 2e cycles en économie familiale et assimilées, qui fournit le nom de personnes-ressources, qui a une composante visuelle pour chaque université, et qui précise la spécialité de l'université, les coûts approximatifs et les diverses possibilités d'emploi. 3. Appuyer les projets conjoints cherchant à promouvoir l'intégration du développement international dans les programmes d'économie familiale, de formation des maîtres en économie familiale et les programmes connexes dans les universités canadiennes.
1.5 Encourager et appuyer la recherche ainsi que sa diffusion et son utilisation.	1. Appuyer la section de recherche de la *Revue canadienne d'économie familiale* de l'ACEF. 2. Appuyer l'inventaire des travaux de recherche de l'ACREF en le faisant connaître auprès du public et en encourageant son utilisation. 3. Appuyer le répertoire de l'ACREF en assurant sa promotion. 4. Exercer des pressions en vue d'obtenir des fonds pour la recherche sur les questions touchant la famille. 5. Tenir un inventaire des sources de financement existantes. 6. Déterminer les questions reliées à la famille auxquelles le gouvernement devrait accorder la priorité, c'est-à-dire les garderies, la réforme des pensions, etc. 7. Réserver du temps durant le congrès annuel pour des présentations sur les travaux de recherche.
1.6 Définir la profession d'économiste familiale et en cerner les critères.	1. Définir la profession d'économiste familiale et s'assurer que les personnes qui souhaitent devenir membres respectent ces critères.

BUT 2 : PROMOUVOIR LA PROFESSION D'ÉCONOMISTE FAMILIALE

2.1 Faire connaître davantage la profession d'économiste familiale.	1. Promouvoir l'utilisation des messages d'intérêt public. 2. Collaborer avec l'Association canadienne des diététistes pour le Mois de la nutrition et la mise en oeuvre de lignes directrices nationales sur la nutrition. 3. Publier le nom des lauréats de prix et bourses et toute autre réalisation d'économistes familiales. 4. Recommander des membres au bureau des conférencières. 5. Appuyer et promouvoir la Fondation de l'ACEF.
2.2 Élaborer, promouvoir et appuyer des prises de position en matière de politique gouvernementale relative à l'économie familiale.	1. Définir la politique de l'ACEF sur les femmes et le développement et adopter une position claire sur la question de l'égalité des sexes.

Objectif	Activités
2.3 Élargir le marché du travail pour les économistes familiales.	1. Charger un groupe de travail de préparer et de mettre en oeuvre un programme coordonné visant à vanter les mérites de l'économie familiale au milieu des affaires et de l'industrie. 2. Charger chaque groupe d'exercice professionnel de maintenir un groupe de travail sur la façon d'élargir le marché du travail dans son domaine de compétences et d'en faire rapport aux réunions du Conseil. 3. Charger un groupe de travail, qui comprendrait de doyens et de directeurs, de dresser une liste des nouvelles descriptions de postes fondées sur les cours offerts actuellement dans les universités; de dresser une liste des employeurs éventuels d'après les cours offerts actuellement dans les universités; de dresser une deuxième liste des employeurs éventuels à partir des nouvelles descriptions de postes

BUT 3 : GÉRER L'ASSOCIATION PROFESSIONNELLE

3.1 Assurer une gestion efficace de l'organisme	1. Assurer des systèmes de direction qui facilitent la gestion des affaires de l'association; offrir des occasions de perfectionnement aux membres du Conseil d'administration pour les informer sur leur rôle et leurs responsabilités et pour assurer leur responsabilisation; aider la direction à respecter leurs responsabilités. 2. Maintenir les systèmes financier, organisationnel et de gestion du personnel qui assurent une gestion efficace de l'ACEF. 3. Continuer à favoriser le bilinguisme.
3.2 Maintenir une base financière stable	1. Maintenir un nombre suffisant de membres afin de produire un revenu. 2. Créer et maintenir des investissements à court terme à au moins la moitié du budget d'exploitation de l'ACEF (un quart de toutes les recettes provenant des plus importantes levées de fonds doivent être réaffectées aux investissements). 3. Établir un plan financier quinquennal, le diriger et le réviser de façon régulière, au besoin.
3.3 S'assurer d'une planification stratégique continue	1. Communiquer le plan stratégique aux membres et demander leur approbation et leur appui. 2. Recevoir les plans d'action et les recommandations de tous les comités et de toutes les personnes mentionnées dans le plan stratégique. 3. Exiger que les membres se prononcent sur les mesures prioritaires à inclure dans les plans d'action que le Bureau de direction soumet à l'approbation du Conseil d'administration.
3.4 Assurer une communication interne	1. Continuer à améliorer les services aux membres et les outils de communication : une solide revue professionnelle; un répertoire des membres. 2. Utiliser le congrès de l'ACEF comme outil de communication d'information. 3. Prévoir une sensibilisation au travail du Bureau de direction et du Conseil d'administration, au moyen de voyages et de représentation auprès des membres. 4. Maintenir des liens entre des groupes spécialisés au sein de l'ACEF (groupes réunis autour de problèmes précis, éducateurs, membres du milieu des affaires, universitaires), par la formation de «réseaux» et par des communications régulières. 5. Informer les membres sur les questions relatives aux politiques gouvernementales 6. Demander l'avis et l'aide des membres : Operation Alert; rétroaction des membres; participation à la formulation de résolutions et préparation de sommaires.
3.5 Conserver des liens étroits avec la Fédération internationale pour l'économie familiale (FIEF)	1. Recueillir les frais d'adhésion à la FIEF (individuels et de groupe) par l'entremise du bureau national. 2. Profiter de chaque occasion pour faire la promotion de la FIEF. 3. Encourager et appuyer la participation canadienne au sein de la direction et des comités de la FIEF.
3.6 Examiner la production de recettes	1. Établir des directives pour des activités productrices de recettes. 2. Respecter les directives approuvées pour la production de recettes. 3. Rechercher des fonds pour les programmes de partenariats internationaux et d'éducation au développement auprès de l'ACDI et d'autres sources.

BUT 4 : AMÉLIORER LA QUALITÉ DE VIE DES PERSONNES ET DES FAMILLES

4.1 Faire avancer la formation traitant de la vie familiale et de la vie quotidienne	1. Se garder au courant du contenu des cours offerts dans les universités et dans les écoles secondaires traitant de la vie familiale et de préparation à la vie. 2. Appuyer les programmes d'économie familiale dans les écoles secondaires en élaborant des exposés de principes et en communiquant leurs recommandations. 3. Établir une liste des économistes familiales expertes en la matière.

Objectif	Activités
	4. Appuyer les projets d'associations d'économie familiale dans les pays en développement économique afin de s'assurer que les programmes d'études et les outils pédagogiques correspondent aux besoins essentiels et à la vie de la majorité des familles et des personnes qui y vivent. 5. Encourager une participation équilibrée de femmes et d'hommes dans les programmes d'études et des stratégies d'enseignement d'économie familiale, tant au Canada que dans le Tiers Monde.
4.2 Lancer, encourager et appuyer toute politique adoptée par le gouvernement et le secteur privé, qui améliore la qualité de vie des personnes et des familles	1. Communiquer avec les conseillers de chaque ministère où l'ACEF pourrait apporter sa collaboration. 2. Cerner les questions prioritaires, chaque année, en liaison avec l'ACREF et les comités des membres de l'ACEF. 3. Préparer des mémoires, des exposés de principes, des résolutions, des ateliers et d'autres programmes afin de stimuler le dialogue, la prise de décision et la présentation de la prise de position de l'économie familiale. 4. Travailler en collaboration avec d'autres organismes connexes, afin qu'au Canada l'Année internationale de la famille 1994 s'inscrive dans la mission et les objectifs de l'ACEF. 5. Appuyer l'autonomie des autochtones en répondant aux demandes de formation en nutrition. 6. Améliorer le dialogue sur les besoins circumpolaires par l'intermédiaire du comité des affaires autochtones et du Grand Nord.
4.3 Aider la population à prendre des décisions éclairées en matière de nutrition, textile et vêtement, d'amélioration des familles et des personnes, de logement et d'autres secteurs dans lesquels les économistes familiales sont spécialisées.	1. Aider la population à prendre des décisions éclairées —
4.4 Partager nos connaissances avec la communauté mondiale	1. Encourager la formation des comités de développement international, tant à l'échelle provinciale que dans les sections, et aider à réaliser des projets de jumelage. 2. Appuyer la création et la mise en oeuvre de projets conjoints avec les associations fédérées de l'ACEF et les associations d'économie familiale du Tiers Monde. 3. Coopérer avec d'autres associations et organismes qui participent à des projets d'économie familiale dans des pays en développement.

IFHE . . . In Focus
Regards Sur La FIEF

La Conférence de Malte : le Forum mondial des ONG en vue du lancement de l'Année internationale de la famille.

Dianne K. Kieren

Le Forum mondial des organisations non gouvernementales «Promouvoir les familles en vue du mieux-être des particuliers et des sociétés» s'est déroulé dans la cité historique de La Valette, à Malte, plus précisément dans un immeuble érigé en 1567, qui abrite maintenant le Centre de conférence méditerranéen. Cet événement, qui a rassemblé des représentants du secteur volontaire, avait été préparé en vue du lancement mondial de l'Année internationale de la famille (AIF). Plus de 1 000 participants originaires de 100 pays se sont réunis du 27 novembre au 3 décembre 1993, dans le but de prêter une attention spéciale au renforcement des familles et pour discuter des façons de promouvoir et de garantir l'égalité entre les hommes et les femmes, les soins, le respect mutuel et la solidarité, dans le respect de la diversité des infrastructures familiales dans le monde. Ce Forum mondial avait pour objectif de catalyser des activités efficaces pour l'AIF et à l'appui des familles, en réunissant des intervenants de l'AIF de tous les paliers et en offrant une tribune pour l'échange et la mise en forme d'idées, particulièrement celles qui ont trait aux situations locales et nationales.

En tout, trente et un Canadiens et Canadiennes provenant d'un vaste éventail d'organisations non gouvernementales ont assisté au Forum. Six d'entre eux étaient des économistes familiales : Doris Badir, Lila Engberg, Joan Peters, Dianne Kieren, Ruth Berry et Linda Lusby, toutes membres de l'ACEF et de la FIEF. Au cours de la conférence, Doris Badir s'est vu remettre le diplôme d'honneur de l'Année internationale de la famille pour son travail remarquable de promotion de l'AIF en qualité de présidente de la Fédération internationale d'économie familiale de 1988 à 1992; l'an dernier, la FIEF avait reçu un hommage similaire pour son travail effectué dans le cadre de l'AIF. Une chanson thème a été présentée au cours de la conférence; on pourra en obtenir des copies durant l'année.

La conférence comprenait six réunions plénières, plus de quarante ateliers et cinquante-quatre forums d'auteurs. Parmi les conférenciers d'honneur, on notait : l'honorable Louis Galea, ministre des Affaires internes et du Développement social, gouvernement de Malte; sa majesté Sarvath El-Hassan, princesse héritière de Jordanie; Richard Jolly, directeur général adjoint des Programmes, Fonds des Nations Unies pour l'enfance; Matilda Raffa Cuomo, première dame de l'État de New York; et Doris Badir, présidente sortante de la FIEF et de l'ACEF.

Les discours des conférenciers invités, les ateliers et les forums d'auteurs reflétaient tous la diversité des questions auxquelles se heurtent les familles dans le monde : tandis que les familles croatiennes affrontent les troubles et les traumatismes causés par la guerre, les familles nord-américaines sont préoccupées par l'instabilité familiale et le divorce; les familles chinoises, par les politiques de natalité qui ont une incidence sur les naissances; les familles africaines, par le sida; et les familles d'Europe de l'Est, par le bouleversement qu'entraînent les renversements et les réorganisations politiques. Les orientations politiques et religieuses ont fortement influencé la façon dont on a abordé et décrit ces questions. Malgré cette diversité, tous les délégués se sont entendus sur l'importance des groupes familiaux pour le bien-être des personnes et des sociétés et sur la nécessité d'une collaboration avec les familles afin de s'assurer que les conditions établies soient réellement axées sur les besoins des familles.

The design reflects the family at the heart of society.

Le logo symbolise une famille au sein de la société

1994

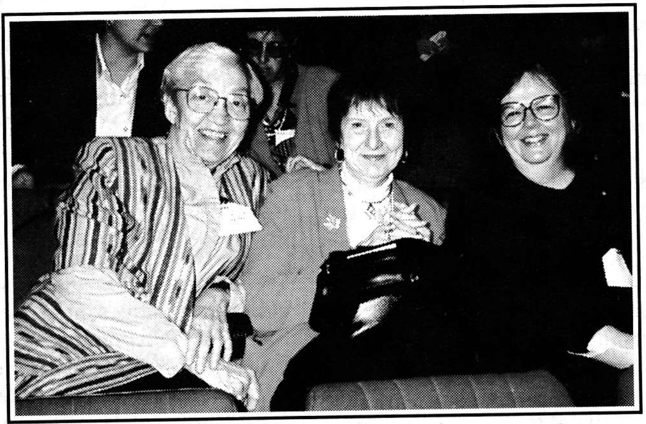
International Year of the Family
Année internationale de la famille

Dianne K. Kieren, PhD, EFI, professeure d'écologie humaine à l'Université d'Alberta, est coprésidente, avec Margaret Arcus, du Comité pour l'Année internationale de la famille de l'ACEF.

Sept membres de la FIEF, Lila Engberg, Joan Peters, Dianne Kieren, Ruth Berry et Linda Lusby, du Canada, ainsi que Theresa Mauldin et Catherine Mumaw, toutes deux des États-Unis et membres de l'American Home Economics Association, ont présenté un atelier de cinq heures sur la gestion des ressources familiales.

L'hospitalité offerte par les économistes familiales maltaises s'est révélée l'un des points saillants de l'événement pour les économistes familiales déléguées au Forum. Jill Cormilleir, consule de la Nouvelle-Zélande à Malte et économiste familiale, a convié une soixantaine d'économistes familiales à sa résidence. De plus, la Home Economics Teachers and Needlework Association a servi un thé maltais dans sa salle de réunion, située dans une église historique comprenant chapelle et anciens quartiers d'esclaves. Ces activités sociales ont permis aux économistes familiales qui assistaient au Forum de discuter de questions éducatives avec les enseignants maltais et d'apprécier la gastronomie maltaise.

Tous les représentants des organisations non gouvernementales, des gouvernements et des organismes des Nations Unies assistant à la conférence ont reçu un document de travail soulignant les principes directeurs de la famille. Ce document visait à alimenter les discussions au sujet d'une déclaration éventuelle sur les droits et responsabilités des familles. En outre, les participants ont également discuté de la Déclaration des organisations non gouvernementales internationales sur l'Année internationale de la famille; plus de 54 organismes l'ont appuyée, y compris la FIEF. Ce document sera présenté lors du lancement de l'AIF de l'Assemblée générale des Nations Unies, à la fin de décembre 1993.



Lila Engberg, Joan Peters, & Ruth Berry

L'Année internationale de la famille a été au centre des activités et des discussions des économistes familiales au cours des deux dernières années. Le temps est venu pour l'ACEF et pour ses organismes et membres affiliés de concrétiser leurs plans en vue d'inciter la famille à prendre une part active au processus de reconnaissance, de renforcement et de participation. Les économistes familiales ont toujours cherché à poser des gestes dans l'intérêt des familles. L'Année internationale de la famille nous offre l'occasion d'intensifier notre travail auprès des familles.

Déclaration des organisations non gouvernementales internationales sur l'Année internationale de la famille, 1994

Nous, soussignées, organisations non gouvernementales internationales,

1. **Nous réjouissons** du lancement de l'Année internationale de la famille et de la manifestation connexe, le Forum mondial des ONG tenu à Malte, et ne doutons pas que les travaux du Forum aideront à créer un mouvement mondial en faveur de l'Année internationale de la famille. Rappelant les apports positifs du secteur des ONG aux préparatifs de l'Année, la réunion mondiale de Malte est un témoignage supplémentaire des efforts que déploie et peut déployer la communauté des ONG à tous les niveaux en faveur des familles et avec celles-ci;

2. **Considérons** que les familles, en tant qu'unités de base fondamentalement autonomes de la société, peuvent, même dans des conditions extérieures adverses, régler leurs propres affaires internes et maintenir des relations utiles et harmonieuses;

3. **Préconisons** des politiques cherchant à habiliter les familles en tant que groupes sociaux de base afin de leur assurer, ainsi qu'à chacun de leurs membres, continuité, sécurité et dignité à la lumière des changements généralisés, constants et rapides découlant des interactions entre les populations et leur environnement;

4. **Affirmons** que les familles, en tant que groupes fondamentaux de la société, ont droit à un maximum de protection et d'aide pour remplir leur rôle en vue du bien-être de chacun de leurs membres et de la société, conformément aux dispositions de la Déclaration universelle des droits de l'homme, des Pactes internationaux relatifs aux droits de l'homme, de la Déclaration sur le progrès social et le développement, de la Convention sur l'élimination de toutes les formes de discrimination à l'égard des femmes, de la Convention des droits de l'enfant et des déclarations, principes et résolutions pertinents;

5. **Réaffirmons** les principes et objectifs de l'Année internationale de la famille et nous engageons à les respecter, soulignant que des familles stables sont les principaux agents d'un développement durable, lequel est largement tributaire de la maturité sociale, émotionnelle, spirituelle, culturelle et politique de tous les membres de la famille. Dans ce contexte, la consécration de la famille exige une approche globale des questions telles que la redistribution des ressources mondiales, l'élimination de la pauvreté et la garantie de l'éducation et de la santé à tous;

6. **Reconnaissons** la diversité des formes et fonctions des familles de par le monde, à condition qu'elles soient pleinement compatibles avec les droits fondamentaux de la personne humaine. L'Année internationale de la famille est particulièrement indiquée pour promouvoir des notions concernant les familles et les relations intrafamiliales permettant la jouissance effective de ces droits, en particulier pour ce qui est de l'égalité entre les sexes et des droits des enfants mineurs;

Nous, soussignées, organisations non gouvernementales internationales,

7. **Engageons vivement** les gouvernements à appuyer la création ou le développement d'organes nationaux de coordination pour l'Année internationale de la famille afin

local et communautaire, en prenant en compte les moyens et les possibilités d'auto-assistance des familles ainsi que des organisations non gouvernementales opérant à la base.

8. **Prions** les gouvernements de formuler des politiques tenant compte des familles, favorisant l'autosuffisance et la participation des familles, compte tenu des aspirations et des attentes des familles elles-mêmes. À ce propos, une société valorisant la famille, des mesures économiques et écologiques ciblées et la reconnaissance de la contribution des familles dans les domaines social, culturel et économique, sont indispensables;

9. **Engageons vivement** les gouvernements à envisager de mener des actions communes spéciales avec des organisations non gouvernementales dans, par exemple, les domaines suivants: évaluation des programmes sociaux et de leurs effets sur la famille; travaux de recherche pratiques visant à recueillir des données, articuler les questions relatives à la famille et proposer des solutions; étude des questions liées au sexe et définition de mesures propres à assurer l'égalité entre la population masculine et la population féminine à tous les âges; valorisation d'une image objective de la vie familiale dans les médias; conciliation de la vie professionelle et de l'emploi et des obligations familiales; apprentissage de la vie familiale; questions de santé de la famille; aide aux familles vivant dans le dénuement; aide aux familles refugiées et déplacées, notamment pour ce qui est de leurs relations avec le pays hôte et le pays d'origine; développement de services d'appui et de conseil aux familles et aux membres des familles en difficulté ou en danger;

10. **Invitons** les gouvernements à appuyer et rallier les initiatives des organisations non gouvernementales et les projets des mouvements familiaux concernant la célébration, le 15 mai de chaque année, de la Journée internationale de la famille;

11. **Demandons** que la famille soit un thème particulier des rapports nationaux et internationaux pertinents sur les questions sociales;

12. **Prions instamment** les gouvernements d'éxaminer le rôle et la fonction des familles ainsi que leurs capacités et besoins dans les prochaines réunions de la Commission du développement social et de la Commission du développement durable. Afin d'assurer l'exécution des plans et activités liés à l'Année internationale de la famille, il faudrait envisager la famille dans le contexte des programmes élaborés pour la Conférence internationale sur la population et le développement (1994), le Sommet mondial du développement social (1995) et la quatrième Conference mondiale sur les femmes: égalité, développement et paix (1995);

13. **Engageons** vivement les gouvernements et l'Organisation des Nations Unies à prendre des mesures de suivi appropriées à l'issue de l'Année internationale de la famille et à entreprendre un processus constant de constitution d'une société valorisant la famille;

14. **Demandons** qu'une déclaration sur les droits et responsabilités des familles soit l'un des objectifs precis du suivi de l'Année internationale de la famille;

Conformément à nos expériences, compétences et objectifs respectifs, nous, soussignées, organisations non gouvernementales internationales,

15. **Envisageons** d'explorer les domaines où des actions novatrices peuvent être élaborées pour consolider la famille et souligner le rôle bénéfique de la vie familiale pour ses membres, leur permettant ainsi de maîtriser le vécu de leur quotidien et de prendre des décisions concernant leur avenir;

16. **Entendons** continuer d'assumer la responsabilité de services personnalisés et souples en faveur des familles, de réviser régulièrement ces programmes d'aide en y faisant participer les familles de manière à mieux répondre à leurs besoins et attentes;

17. **Maintenons** a l'étude notre rôle de partisans et de médiateurs en nous faisant les interprètes des forces et des préoccupations des familles auprès des politiciens, des médias, des responsables de l'enseignement, des employeurs, des travailleurs, des institutions spécialisées et des organismes s'occupant d'enfants, de jeunes, de femmes, d'hommes, de personnes âgées, de personnes handicapées, de personnes se trouvant dans le dénuement, etc.;

18. **Espérons** créer une nouvelle culture de partenariat et de nouvelles structures de négociation et de coopération aux niveaux national et international, favorisant des réseaux et coalitions formels et informels afin de nous acquitter de nos fonctions d'importance vitale pour les familles. Ce faisant, l'accent sera mis en particulier sur l'efficacité, la transparence et la responsabilité dans les opérations des organisations non gouvernementales axées sur la famille.

En conclusion, nous, soussignées, organisations non gouvernementales internationales, attendons avec confiance l'aube de l'Année internationale de la famille. Nous souscrivons à son but ultime, soulignant l'importance de la valorisation de qualités telles que la compassion, le partage, la solidarité et la responsabilité, le respect mutuel et la tolérance, afin de promouvoir la plus petite des démocraties au coeur de la société, qui apporte une contribution unique à la réalisation de la paix durable dans le monde.

Vienne, Septembre 1993.

Note de la rédaction

*Voici la version française de "La Connference de Malta : le Forum mondial des ONG en vue du lancement de l'Année internationale de la famille" publiée en anglais dans le numéro de printemps de la **Revue canadienne d'économie familiale**.*

IFHE . . . In Focus

Canadian Initiatives for the International Year of the Family

Margaret E. Arcus and Dianne K. Kieren

Since it was first proclaimed by the United Nations in 1989, the International Year of the Family (IYF) has been a major focus for the International Federation for Home Economics. Many members of the International Federation have been active in writing papers and other IYF-related documents, attending and making presentations at IYF conferences and workshops, and working in committees and other small groups to help promote the IYF and bring attention to and support families in their central societal role. Several recent articles in this section of the Canadian Home Economics Journal have documented some of that international home economics activity related to the IYF. These IYF activities have been substantial and significant and have brought international recognition to the International Federation for Home Economics and to the field of home economics.

In addition to initiatives at the international level, it is one of the stated principles of the IYF that much of the activity to recognize and support families is to be carried out at the local, regional, and national levels. Accordingly, Canadian home economists (along with many others) have been encouraged to take steps to initiate or extend projects and programs with families and on behalf of families appropriate to needs at these different levels. The purpose of this article is to recognize some of the IYF initiatives being carried out by Canadian home economists and their associations, to highlight the diversity of these activities, and to stimulate additional action, either during the IYF or in subsequent years. Because of space limitation, only some of these activities may be described here, but others may be the subject of forthcoming articles.

At the national level the Canadian Home Economics Association has established a CHEA-IYF Committee and has set aside a small sum of money to support activities for the IYF. Members of this Committee met at the 1992 and 1993 annual meetings of the CHEA and are kept informed of various activities and resources through a CHEA-IYF Newsletter. As there was no consensus on a national project which could be carried out by the committee with the monies available to it, a decision was made to contribute a portion of these funds to support the development and the dissemination of the video "Celebrating Families," a video commissioned by the Canada Committee on the International Year of the Family to help raise awareness about the importance of families. Because this video is being made available throughout Canada and because the Canadian Home Economics Association is listed as one of its sponsors, our support for this project is bringing some national visibility to the Association and to Home Economics in Canada. With the remaining CHEA-IYF funds, it was decided to provide small grants to support provincially-initiated IYF projects. All provincial affiliates were invited to submit proposals for funding, and these proposals were adjudicated by a small panel of Canadian home economists with international and IFHE experience. Ten proposals were received and the following three proposals were granted partial funding.

The Manitoba Association of Home Economists and the Department of Family Studies of the University of Manitoba are cooperating on a series of "For Your Manitoba Family Information ..." news releases. Each news release (approximately one page) will include the following: a fact about Manitoba families (e.g., the number of family-owned farms and the average age of farm family members); sources of the information (e.g., Manitoba Agriculture); follow-up action (e.g., participation in Manitoba Agriculture's work with family

The Authors

Margaret E. Arcus is Professor of Family Science and Director of the School of Family and Nutritional Sciences, the University of British Columbia. Dianne K. Kieren is Professor of Family Studies and former Associate Vice-President (Academic) at the University of Alberta. They are co-chairs of the CHEA International Year of the Family Committee.

Members of the 1994 CHEA-IYF Committee are Betty Birch (Alberta), Sandra Cohen-Rose (Quebec), Felicia Eghan (Nova Scotia), Donna Hastings (Manitoba), Heather Henry (Prince Edward Island), Patricia Ivimey (Newfoundland), Marie-Therese Jean-Jacques (AEFQ), Marion MacEachern (New Brunswick), Sheila McKague (Saskatchewan), Joanne Patterson (Ontario), and Jane Thomas (British Columbia).

farm transfers); the names and work telephone numbers of home economists and others who might help; and activities that families could carry out to take action related to the fact (e.g., make a list of family assets). Four news releases will be provided each month to the University of Manitoba's Information Centre who will then distribute the news releases in a province-wide network of media outlets. Donna Hastings and Carol D.H. Harvey are Project Directors.

The Ontario Home Economics Association in collaboration with the Ontario Family Studies-Home Economics Education Association has received a small CHEA-IYF grant to extend their joint IYF Conference on "Togetherness, Tolerance, Transitions" through Distance Education. This Conference, held in Niagara Falls in late April, featured Dr. Jane Fulton of the University of Ottawa and Trevor Williams, President and CEO of Family Service Canada. A tele-workshop based on the Conference will be developed through "Contact North" to accommodate the needs of members of OHEA's Far and Wide Network and will be held in three different northern sites. Lois Tobin, Secondary School Liaison Officer for Contact North, is the resource person for this project.

L'Association d'économie familiale du Québec has developed a list of classroom activities focussed on the goals of the IYF for use by Quebec home economics teachers. These projects have been developed for the grade 8 level courses (deuxiéme secondaire) which are currently offered in all Quebec schools. Each of the activities identifies benefits for families as a result of their children's participation in these classroom initiatives. For information and reference purposes, the list is accompanied by selected sections from "Familles à tout," a theme paper published by the Québec Committee for National Family Week, October, 1992. The Project Director is Marie-Therese Jean-Jacques, assisted by Maries Barrette and Madeleine Martin.

One additional national initiative is being coordinated through the national office of the Canadian Home Economics Association, and that is the development of a CHEA-IYF Speakers' Resource List. This list includes the names of individuals who have indicated their willingness to serve as resource persons and share their expertise on a variety of family topics with interested community organizations and agencies.

In addition to these national or nationally-supported activities, there are many provincial and local activities organized or co-sponsored by Canadian home economists. Some examples include:

- To raise awareness about the International Year of the Family, both the Prince Edward Island Home Economics Association (in cooperation with the Home Economics Department of the University of Prince Edward Island, the PEI Home and School Federation, the Canadian Federation of University Women—Charlottetown, Zonta International PEI, and the provincial government); and several CHEA affiliate Associations in Saskatchewan (SHETA, ASHE, ASHE-Regina Branch, and ASHE-Saskatoon Branch) have developed calendars for the International Year of the Family, featuring children's artwork depicting families and family themes. The originals of the 14 pictures printed in the PEI calendar will be displayed in the Capital Family Rendezvous in Ottawa from May 20th to September 3rd, 1994.
- Three Alberta home economists, Faye Walker, Faye Forbes Anderson, and Brenda Purshke, donated their time to write a booklet "Getting Your Financial Affairs in Order: Peace of Mind for the Terminally Ill and Those They Love." Printing of the booklet has been supported by the Alberta Home Economics Association Historical and Educational Society, and copies are being distributed free of charge by community organizations to individuals for whom the material has relevance.
- The Newfoundland Home Economics Association commissioned a poster which is intended to stimulate awareness and discussion of the many issues which affect families. The poster is accompanied by ideas for teaching and learning with junior and senior high school students. Many of these may be adapted for use with adult discussion groups. In addition to its use in classrooms, the poster is being distributed to school boards, to some government officials, and to selected community groups.
- In late March, a full day of 33 workshops on the theme "Your Family Matters" was presented by the Alberta Home Economics Association - Calgary Branch in cooperation with the Calgary Board of Education - Division of Continuing Education. Some of the topics included Debt Handling Strategies, Mending Family Relationships, Heart Smart Food Choices, Adapting Clothing for Seniors, and Community Living for Seniors.
- The Toronto Home Economics Association is raising money in support of the Metro Toronto Children's Breakfast Club Program. Articles are being solicited from members and various companies, and raffle tickets have been sold at several recent meetings. The project continues throughout all 1994 meetings.
- In British Columbia, the School of Family and Nutritional Sciences Undergraduate Society has adopted a child in Zimbabwe as their IYF project. Plans for fund raising are underway in order to continue this adoption beyond the IYF.
- The Quebec Home Economics Association has sponsored an essay contest on "The Family" for Secondary 4 and 5 students. They also organized a symposium with the Montreal Council of Women on "Should We Bring Back the Family Dinner?"

As this brief listing of IYF activities indicates, Canadian home economists have been energetic and creative in raising awareness about the importance of families and in providing support for families. These and other home economics initiatives will be highlighted in an exhibit of provincial IYF activities "Ribbons of Support for Canadian Families" being prepared for the 1994 CHEA annual meeting. As additional reports of home economics initiatives are submitted, we hope to publish these in the Canadian Home Economics *Journal* and to include them in our final report of national, regional, and local CHEA-IYF activities. Take steps now to ensure that your IYF initiatives are included in order that we have a comprehensive picture of the contribution of Canadian home economists to the International Year of the Family[1] .❏

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(1) Individual home economists or home economics associations who have IYF projects to report should send a relatively detailed description of these projects to either Margaret Arcus, School of Family and Nutritional Sciences, University of British Columbia, Vancouver, B.C., V6T 1Z4, or to Dianne K. Kieren, Department of Human Ecology, 3-38 Assiniboia Hall, University of Alberta, Edmonton, Alberta, T6G 2E8.

A Home Economist Speaks Out

Revisiting Questions of Change in Clothing Studies: Opportunities at the University of New Brunswick

Katherine Winslow

Change is a process often met with conflicting emotions of anticipation and anxiety. Within home economics and home economics education including clothing and textiles, change has been a recurrent theme for the past several decades (Feather, 1990; Garner, 1989; Turnbull, 1989; Tortora, 1985; MacCleave-Frazier & Murray, 1983; McDermott, 1959). The focus of the dilemma with which we struggle is the need to consider the current and future needs of individuals and families as they relate to clothing vis-a-vis the strongly entrenched tradition of a home production approach to clothing and textiles education at both the secondary and post-secondary levels. Although this is an issue that generates strong emotional reactions on both sides, the importance of relevancy in education must supersede any question of individual preferences in curriculum development (Turnbull, 1989).

At the University of New Brunswick (UNB), development of significantly revised programs within the Faculty of Education has resulted in a proposed new home economics education program that reduces the credit hour allotment for textiles and clothing from three required and a possible three elective courses to the equivalent of two one-semester courses. Of these two courses, one is directed toward textile science study and the second focusses on the range of topics falling under the umbrella of clothing study. This program change presents an opportunity for development of new courses. Care must be taken during this process to ensure that these university courses appropriately reflect the issues of this subject specialty in contemporary society as well as prepare future home economics teachers who can meet changing demands of textiles and clothing curricula. Therefore, among the concerns that arise in development of courses for the new program are: (a) that current issues and developments in clothing and textiles are included, (b) that the program's mission of preparing teachers for the public school system is met, and (c) that the philosophical orientation of textiles and clothing and home economics are incorporated.

In this paper, I explore various positions regarding future directions for clothing study within home economics education. I hope to raise concerns and generate discussion of the issue.

Clothing Study in New Brunswick Schools

The mission of the home economics education program at UNB is, in large part, to provide for the preparation of home economics teachers for the public schools. Given that mandate, attention in course development must be given to the prevailing curriculum needs of home economics in the public schools. An examination of the present clothing and textiles curricula for New Brunswick schools indicates that a variety of clothing related topics are included.

At the junior high school level, the curriculum has two modules related to clothing and textiles. Resources for Family Living II is a required module that is typically taught in grade eight and a second, Clothing Decisions, is an elective module that is available to grade nine students. Although there are a variety of clothing topics included, such as clothing messages, consumer aspects of cloth-

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ing, and clothing for special needs, each module has a significant time allotment (suggested percentages range from 45 to 55 percent) devoted to a construction project, the nature of which varies depending upon the teacher (Program Development and Implementation Branch, 1992 a & b).

The clothing curriculum for the senior high school is currently under revision. The work that has been undertaken for the course Fashion Design 120 calls for emphasis primarily upon social aspects of dress, textile science, and creativity. The creative component of the course is a thread running throughout the curriculum. Clothing construction is unlikely to be the vehicle by which the objectives of this component are met. A second module, Fashion Industries 120, which has yet to be revised, has had greater concentration upon construction techniques. Preliminary discussions indicate that it will focus on industrial manufacturing rather than home production of apparel products.

Arguments for Change

Since construction techniques are included in the existing curricula, it would seem that these skills must continue to be taught in the teacher-preparation program. However, questions must be raised as to the appropriateness of such a focus regarding both the needs and interests of New Brunswick students and the direction that clothing studies should be taking in contemporary society.

Two concerns must be raised in conjunction with clothing studies in New Brunswick home economics curricula. First, experience with curriculum development exercises within the provincial Department of Education suggests that the intention is to move further from the focus on clothing construction to ensure relevance to modern clothing needs within the family. Furthermore, notes within existing curricula stress that "the making of clothing is not the focus of the module" (Program Development and Implementation Branch, 1992a, p.18). This suggests that the Department of Education acknowledges a need for change within these programs.

A second concern relates to the enrolment data accumulated from 1989 to 1992 for home economics courses in the provincial high schools. These data, obtained from the New Brunswick Department of Education, indicate that course offerings and enrolment in courses that deal with clothing and textiles topics are low relative to overall course offerings and enrolments in courses falling under the home economics umbrella (see Figures 1a, 1b, and 1c). The data further show that these courses do not attract male students to the same degree as the other home economics course offerings. The question of why this is happening needs to be asked.

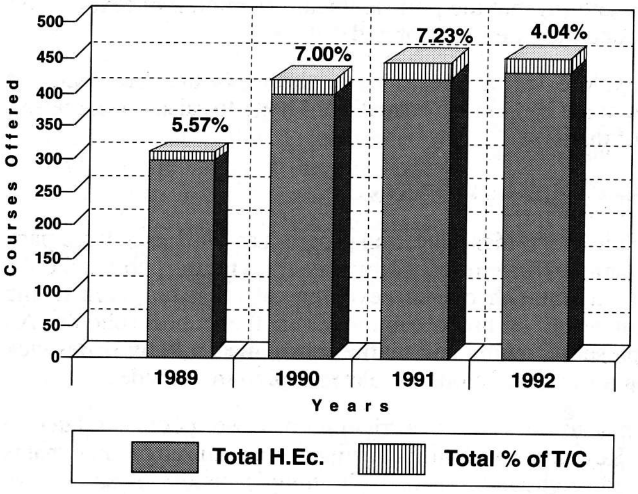

Figure 1a. Total High School Home Economics Course Offerings and Textiles and Clothing Course Offerings in New Brunswick.

These data are a significant preliminary source of information for curriculum change as they suggest some support to propositions made by both Turnbull (1986) and Rollins (1981). Turnbull (1986) noted that New Brunswick teachers themselves identified the "excessive female orientation" as well as a number of problems related to a strong construction orientation as a weakness of textiles and clothing courses. Rollins (1981) also addressed the problems of the female orientation as well as the relevancy of projects done in textiles and clothing courses. The conclusion and identified problem was that clothing construction at the junior high level was sufficiently lacking in appeal to students that they chose not to opt for further clothing study upon reaching high school.

The low enrolments in textiles and clothing courses at the high school level in New Brunswick may be a reflection of this position as course offerings are based, in part, upon student preferences. While clothing construction skills were once true survival skills within the family, a reconceptualization of the traditional production orientation may now be in order to ensure survival of clothing and textiles study.

There is no question that clothing continues to be a perennial problem of the modern family. It is questionable, however, whether home economics education is addressing this problem in an effective manner by continuing to focus so much attention on clothing construction. Given ongoing changes in lifestyles and expectations for women's employment outside the home, it is generally considered unrealistic to suggest that clothing construction skills will be applied to meet a family's clothing needs (Garner, 1989; Tortora, 1985).

A further argument for reconsideration of the inclusion of clothing construction in home economics classes in secondary school relates to the impact that these programs have on the general public's perception of home economics in general. Rollins in 1981 pointed to the traditional production orientation of clothing study in the schools as a significant force in determining how the profession is perceived. For most, this is the first and often the only student experience upon which to make a judgment. Thus, rather than viewing home economics as a dynamic profession vital to individuals and families in contemporary society, it is seen to exist in something of a time warp where sewing continues to be a necessary skill to ensure a family's clothing security. Rollins (1981) blames the university home economics education programs where students continue to be prepared to meet the demands of a curriculum that may, in some ways, be less relevant for today's young adult. Someone has to make the first move away from the traditional clothing construction orientation of clothing study within home economics education. It would behoove those at the universities to take on the role of leader rather than follower.

Rollins (1981) further points to the streamlining of home economics education programs, occurring in the 70s in both Canada and the United States, as reason for re-examination of curriculum directions. If student teachers have only a single course in clothing studies, is it reasonable to expect that they will have sufficient time to be adequately prepared to teach the range of topics in this subject that are demanded in the public schools? Given this situation, and the time required to develop clothing construction skills, this is an appropriate question.

Arguments Supporting Clothing Construction

Despite the fact that support for this change in curricula has been appearing in the literature since before the 1950s, teachers continue to provide students with instruction in these skills. This clearly indicates that textiles and clothing specialists and teachers of home economics are not in agreement on the issue. Given the lifestyle changes that have resulted in the removal of clothing construction from the list of survival skills within the family, what reasons are given for its retention in the clothing curricula? Surprisingly, there are compelling arguments presented.

Rather than teaching construction techniques as the major focus of clothing classes, it can be argued that this is merely a means to an end. Under the umbrella of personal growth, instruction in clothing construction may provide students with a multitude of educational benefits. Loker (1987) points to the potential for enhanced self-esteem and improved patience as well as development of creativity as a learned rather than innate ability among students. This argument can be taken a step further and supported from the perspective that clothing construction can foster individual success in a school system that, for some, provides little opportunity for triumph. Because of the laboratory setting for clothing construction classes, students' social skills also may be enhanced. Additional benefits of clothing construction include promotion of fine motor skill development, improved hand-eye-foot coordination, enhanced perception of spatial relationships, product quality recognition, and development of personal and time management skills, not to mention acquisition of construction skills. Loker points to the development of construction skills as an innate benefit as they can provide individuals with marketable skills.

MacCleave-Frazier and Murray (1983) also point out how proponents of inclusion of construction contend that it provides for decision- making opportunities, consumer education, creativity, and problem solving, as well personal time management and goal attainment for those students involved. MacCleave-Frazier and Murray (1983) argue however, that, while all of these benefits may be derived, the fact of the matter remains that the time involved in instruction of clothing construction skills is such that other underlying facets of the educational process are allowed only scant attention.

Conclusion and Recommendations

With the pending changes to the home economics education program at UNB and the resulting time restrictions placed upon possible course offerings in clothing and textiles, it is crucial that all sides be considered regarding curriculum development and that care be taken to ensure that choices made look to the future and the best interests of this specialty within the profession. As noted, the survival of textiles and clothing studies in secondary education may be at stake.

Turnbull (1989) pointed to Spencer's (1905) question of "what knowledge is of most worth?" We must now ask "what do students need to know about textiles and clothing as they approach the twenty-first century?" Do they need to be adept at production of clothing to meet family needs or, conversely, do they need an expanded understanding of social, cultural, economic, and safety factors related to clothing decisions? Is clothing construction the most efficient or effective means by which students can gain the various personal and behavioral benefits claimed to result from such experiences?

I believe the arguments in opposition to the retention of construction topics within textiles and clothing studies in home economics education appear to have greater strength. However, unilateral decision-making is generally not a sound approach. As Turnbull (1989) notes, teacher participation in serious curriculum revision is crucial to success. Therefore, I would recommend that the teachers of these secondary school programs in New Brunswick be consulted as to the direction of the new course to be developed and that

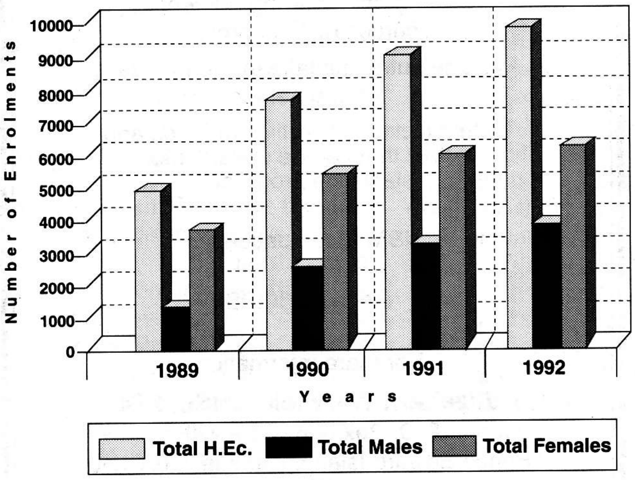

Figure 1b. Total New Brunswick High School Home Economics Enrolment Totals and Male/Female Composition.

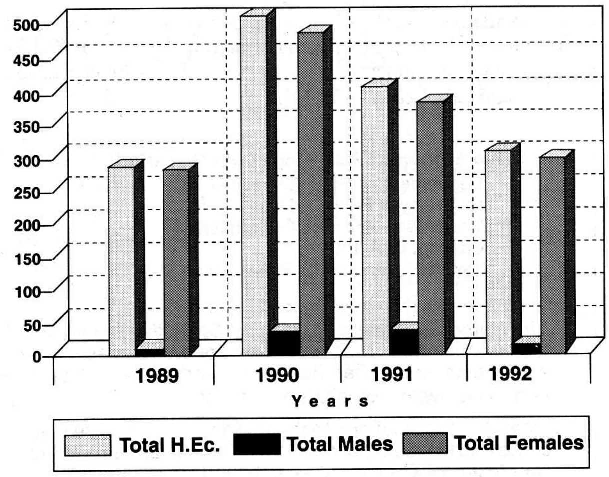

Figure 1c. New Brunswick High School Textiles and Clothing Totals and Male / Female Composition

the workshop conducted by Turnbull (1986) with New Brunswick home economics teachers be repeated to develop a degree of consensus among the stakeholders. Further, research has clearly indicated that programs of change have greater chance of success if those who will be involved in the implementation and those who will be directly affected by such change have a stake in the planning process (Evans, 1967). ❑

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Abstracts of Current Literature

compiled by **Debbie MacLellan**

Clothing and Textiles/ Textiles et habillement

Can professional women look too masculine? The case of the necktie.

Johnson, K.K.P., Crutsinger, C. & Workman, J.E. (1994)
Clothing and Textiles Research Journal, 12, 27-31.

Numerous researchers have suggested that in order to denote an executive role, women should adopt a "uniform" similar to that of a man's business suit. But there is concern that women may appear too masculine, thereby hampering their chances for promotion and for furthering their career or profession. Photographs of female managers wearing one of three stereotypic types of neckwear (necktie, scarf, open-collared blouse) were shown to 93 female subjects to investigate the effect of clothing on responses to a female middle-manager. Subjects were asked to indicate the likelihood that the individual in the photograph possessed traits associated with executive success. The data, which were analyzed using factor analysis, multivariate analyses of variance, and the Newman-Kuel's test, showed that female managers wearing either a necktie or a scarf were judged as more likely to possess managerial characteristics than those wearing an open-collared blouse. However, the scarf was chosen over the open-collared blouse as being more appropriate for female managers interested in promotion.

The influence of appropriateness of dress and gender on the self-perception of occupational attributes.

Kwon, Y. (1994)
Clothing and Textiles Research Journal, 12, 33-39.

Clothing has long been used as a method of silent or nonverbal communication, offering an initial judgment of a person's social status and personality. This study investigated male and female perceptions of the role clothing plays with regard to ten specific qualities, identified by the group as being important occupational attributes: responsibility, competence, knowledgeability, professionalism, honesty, reliability, intelligence, trustworthiness, willingness to work hard, and efficiency. Independent variables were (a) two dress modes (properly dressed and not properly dressed), (b) gender, (c) self-perception of subject's own occupational attributes, and (d) subject's clothing interests. Data was collected from 132 male and 190 female students from diverse university majors. Results indicated that males generally believed that proper clothing can enhance such occupational attributes as intelligence, competence, knowledge, honesty, and reliability. These beliefs were based on perceptions of their own attributes and clothing interests. Females did not perceive that proper clothing enhances many occupational attributes, and their belief was not influenced by perception of these attributes or clothing interests.

Categorization of the quality concept

Lennon, S.J. & Fairhurst, A.E. (1994)
Home Economics Research Journal, 22, 267-285.

Apparel quality has always been of interest to retailers, manufacturers, and researchers, and a variety of experimental techniques have been used in the evaluation of this important attribute. This study was designed to overcome some of the problems associated with previous research by establishing respondent's own set of criteria for determining apparel quality, rather than those suggested to them. The authors used categorization theory as a research guide to study attitudes towards garment quality among a group of 150 female university students and 55 nonstudent women. Respondents were asked to answer a series of open-ended questions which focussed on characteristics they felt contributed to the quality of (a) apparel items in general and (b) a blouse. Responses were then analyzed using content analysis. Four broad classifications were formed: aesthetics, usefulness, performance, and extrinsic criteria. Aesthetic and performance characteristics were the two most important criteria as rated by subjects for both apparel and blouse quality, and of these two attributes, performance was viewed as the most important when subjects made their assessments of quality. Respondents reportedly expected quality garments to be easy to care for, durable, well-constructed, and comfortable. In view of these findings, quality, specifically in terms of aesthetics and performance, might well become the focus of choice for merchandising and promotional strategies.

Effects of two nonpersonal information sources on student buyers evaluation of apparel merchandise.

Anderton, B.A. & Workman, J.E.(1994)
Clothing and Textiles Research Journal, 12, 1-5.

This study evaluated the impact of two nonpersonal information sources, fashion videos and fashion photographs, and their effect on the rating of apparel merchandise by student retail buyers. Two groups of students (N=57), ranging in age from 19 to 29, were asked to view three styles of a vendor's collection using videos and photographs. The subjects were then asked to evaluate the collection using questions about quality, price level, likelihood of purchase, ease of purchase decision, amount of information received, and confidence in purchase decision. MANOVA and ANOVA were performed to determine whether the responses of the two groups differed based on medium used for presentation. Results showed that subjects were more likely to purchase fashion merchandise from a fashion video than from a fashion photograph. Reasons given centred around the video's capacity to provided more information to the purchaser than could be received from the photographs. Results also indicated that the communication of product information and updates to retailers can be accomplished effectively with the use of fashion videos, and vendors can be encouraged to use this method.

Supplementary listing of articles:

Dressing for success: The myth and the reality. Forsythe, S.M. (1993). *Journal of Home Economics, 85* (4), 49-53.

Apparel acquisition for consumers with disabilities: Purchasing practices and barriers to shopping. MacDonald, N.M., Majumder, R.K., & Bua-Iam, P. (1994). *Clothing and Textiles Research Journal, 12* (2), 38-45.

Benefit segments of the female apparel market: Psychographics, shopping orientations, and demographics. Shim, S. & Bickle, M.C. (1994). *Clothing and Textiles Research Journal, 12* (2), 1-12.

Application of lifestyle research to consumer wardrobe planning. Rochat, R. (1993). *Journal of Home Economics, 85* (3), 45-48.

Probability of being employed part-time in retail sales. Domina, T., Paek, S., Pritchard, M., & McGrath, P. (1994). *Clothing and Textiles Research Journal, 12* (2), 13-19.

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Family/Consumer Studies
La Famille/Consommation et gestion

Informal support and the use of formal services by older Americans.

Logan, J.R. & Spitze, G. (1994)
Journal of Gerontology: Social Sciences, 49, S25-S34.

The purpose of this study was to investigate how formal services fit into the informal support network of the elderly and to determine if a decrease in informal support would consequently encourage an increase in the use of formal services. Logistic regression analysis was used to examine questions answered in a survey of persons aged 60 and over living in the metropolitan region of Albany, New York. The following variables were used to predict service use by the subjects: type of informal network available (e.g., living with spouse), the subjects' needs, their predisposition, and enabling factors (availability and mobility).

The results indicated that relatively few elderly persons make use of formal services provided, although formal service use was clearly stimulated by physical disability. Both home-based services and use of senior centre and meal service were significantly associated with greater functional disabilities. Other variables, such as education, location, mobility, and gender, had little or no effects. Use of some services were affected by indicators of predisposition, such as acknowledgment of age entitlement and sociability.

The findings indicate that informal support can have both a "bridging" effect (helping to link the elder person to services) as well as a compensatory effect (where family support substitutes for formal care). The research suggests that it is the closeness or strength of an informal tie which affects whether it has compensatory or bridging effects.

Residential quality and satisfaction: Toward developing residential quality indexes.

Ha, M. & Weber, M.J. (1994)
Home Economics Research Journal, 22, 296-308.

This study was conducted to develop a comprehensive measure for residential quality as well as to test the relationship between residential quality and satisfaction. Both the exterior and interior components of the environment were considered.

A modified version of Dillman's (1978) Total Design Method for survey mailings was used to select a random sample of 1041 subjects from a mid-western state. Using a principal components factor analysis, the following dimensions of residential quality were identified as indices: environmental safety, planning/landscaping, housing policy, sociocultural environment, housing economics, public services, and physical quality of housing. Of these seven, five residential quality indices were identified as factors significant to residential satisfaction: environmental safety, planning/landscaping, housing policy, sociocultural environment, and quality of housing unit, with the last being the most influential. Ha and Weber emphasized the need for planners and policy makers to consider these factors when planning residential development or when making residential-related policy decisions.

The effects of advertising on brand switching and repeat purchasing.

Deighton, J., Henderson, C.M., & Neslin, S.A. (1994)
Journal of Marketing Research, XXXI, 28-42.

There are three possible consequences of advertising exposure on a household's brand choice: brand switching (changing brands), repeat purchasing (continue to use a certain brand), or no effect at all on choice probabilities. In this study, the switching and repeat purchasing effects of advertising in well-established, frequently-purchased product categories were examined. Two product classes were chosen: ketchup and detergent (liquid and powder). The researchers evaluated household purchase records, store environment information, and household advertising exposure for an 84-week period. Subjects (N=1051) were asked to make at least three purchase occasions in order to calculate brand and size preference variables.

The results suggested that advertising does induce brand switching, in the categories examined, but that it does not affect the repeat purchase rates of consumers who have just purchased the brand. Both the theoretical and empirical evidence presented in this research suggests that the effect of advertising is not the same on those who have just bought the brand or just bought another brand. Advertising appears to do little to change the repeat purchase probabilities of those who have just purchased the brand. The implications of these findings are extremely important to advertising managers in that advertising schedules should be targetted at consumers not currently using the brand. An important message to be gained from this research is the need to incorporate advertising/usage interactions in models of advertising effectiveness.

Rural and urban families' use of child care.

Atkinson, A.M. (1994)
Family Relations, 43, 16-22.

Although a large portion of the North American population lives in rural areas, little research has focussed on rural families' selection and use of child care. As a result, little information is available to help professionals develop services that fit the needs of rural families.

The main purpose of this study was to describe the child care used by rural families in one county in the mid-west United States. Comparisons were also made with urban families to identify differences in family resources and child care use. A random sample of mothers was selected from a rural (n=199) and an urban center (n=763) from the same county. Subjects were asked when, why, and by whom the child care was given, as well as to how a particular care-giver was selected.

Results indicated significant demographic differences between these groups. Rural mothers were much more likely to use child care by relatives than non-relatives and more likely to use child care outside the home. Rural families used fewer care-givers for a longer period of time and for more hours than urban families. No significant differences were found for the cost of child care, the number of hours of care that husbands provided, or the average age of care-givers. Both rural and urban mothers reported they identified and selected their care-giver through personal acquaintance or by recommendation. They were both more likely to use care-givers they knew personally when care was needed for reasons other than employment. The author concluded that child care practitioners and policy makers need to find ways to increase child care availability and child care alternatives in the rural community.

Supplementary listing of articles:

A longitudinal analysis of nursing home placement for dependent elders cared for by spouses vs adult children. Montgomery, R.J.V. & Kaslaski, K. (1994). *The Journal of Gerontology: Social Sciences, 49,* 562-574.

The effect of deal knowledge on consumer behavior. Krishna, A. (1994). *Journal of Marketing Research, XXXI,* 76-91.

Reciprocity, elder satisfaction and caregiver stress and burden: The exchange of aid in the family caregiving relationship. Dwyer, J.W., Lee, G.R.,& Jankowski, T.B. (1994). *Journal of Marriage and the Family, 56,* 35-43.

Declining health and marital quality. Booth, A. & Johnson, D.R. (1994). *Journal of Marriage and the Family, 56,* 218-224.

The relationship of maternal employment to early adolescent daily experience with and without parents. Richards, M.W. & Duckett, E. (1994). *Child Development, 65,* 225-236.

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Foods and Nutrition / Alimentation et nutrition

Evidence for a genetic influence on preference for some foods.

Falciglia, G.A. & Norton, P.A. (1994)
Journal of the American Dietetic Association, 94, 154-158.

This study evaluated the genetic influence on preference for 17 foods. Subjects included 14 pairs of monozygotic twins and 21 pairs of same-sex dizygotic twins, mean age 13.5 years, all sharing the same environment. Subjects were interviewed and asked to rate the foods on a 9-point hedonic scale after tasting the food. A food frequency questionnaire was used to determine whether the genetic component of preference is associated with food use. Results indicated a trend to genetic preference for some foods and not for others. Preference and food use correlations existed also for only some foods and not others. The most preferred foods were also the most frequently consumed foods among both groups of twins. The selection of nutritionally desirable foods (orange juice, chicken, hamburger, and cottage cheese) was positively correlated with genetic factors. It was concluded that nutritionists must recognize that genetic factors may influence food selection, and that genetic preference for some foods must be complemented by positive environmental influences and increased exposure to these foods.

Job satisfaction of Canadian public health nutritionists.

Gatchell, S., Woolcott, D.M., & Evers, F.T. (1993)
Canadian Journal of Public Health, 84, 35-39.

Job satisfaction among public health nutritionists was assessed by means of a questionnaire which measured satisfaction using a standardized scale (Brayfield Roth Index) and an overall satisfaction question. Indirect measures of job satisfaction related to the nutritionists' overall view of their profession were also used. Results indicated that 89% of respondents were satisfied with their jobs. Several doubts were expressed with respect to recommending the profession to others. There was some regional discrepancy in job satisfaction. Although overall job satisfaction was high, there must be further initiatives to ensure equitable benefits, opportunities for personal growth, and increased staffing in health agencies for public health nutritionists.

Physician implementation of dieticians' recommendations: A study of the effectiveness of dieticians.

Skipper, A., Young, M., Rotman, N., & Nagl, H. (1994)
Journal of the American Dietetic Association, 94, 45-49.

The objectives of this study were to determine how often the recommendations of dietitians are actually implemented by physicians and to identify those factors which contributed to successful implementation of those recommendations. Ninety-eight dietitians from 44 general hospitals in Philadelphia were surveyed regarding charting procedures, medical record entries, and diet orders. Recommendations were added to physicians' orders and, 72 hours later, the dietitians were asked to review those medical records to determine whether their recommendations had been implemented. Results indicated that 58% of all recommendations were not implemented. Physicians were more receptive to recommendations if they were in response to a request for a consultation, and there was a higher implementation rate for those recommendations actually discussed with the physician. The effectiveness of the dietitian was related to training and length of tenure in a position. Demographic factors of the hospital, such as reporting to its food service company and narrative charting, correlated with the dietitian's success. The physician's workload may also have an effect on the success of implementing recommendations. Further research on staffing formulas, demographics of dietitians, and alternate charting methods is encouraged.

Food intake and food-related attitudes of older women: Implications for nutrition education.

Medaugh-Abernathy, M., & Farnell-Kuczmarski, M.T. (1994),
Journal of Nutrition Education, 26, 3-9.

The objectives of this study were to develop for older women attitudinal scales to measure attitudes toward the food they consumed and to evaluate the association between the measured attitudes and the foods eaten. Thirty-six females, aged 65 years or older, participated in the study. Subjects completed a needs-assessment questionnaire and a four-day food record. Each food item eaten was recorded on ten attitudinal scales. Results indicated that a few women ate foods they disliked because they believed they were "healthy" for them; however, most tended to consume foods that they believed contained roughage, were simple and fast to prepare, and that they enjoyed eating. In general, subjects were not familiar with the roughage content of foods. There was a statistically significant correlation between the consumption of milk products and fruits and "eat infrequently/eat frequently" and the attitudes of "unhealthful/healthful to eat." Consumption of sweets and beverages was correlated with the attitude "feel bad/good after eating." There was no significant correlation between the amounts of foods eaten and their ratings on the ten attitudinal scales. Nutrition educators may be able to apply this information in reinforcing positive aspects of foods and improving eating patterns based on food-related attitudes of older women.

Cariogenic feeding habits and fluoride supplementation during infancy and early childhood.

Bernard-Bonnin, A.C., Pelletier, H., Turgeon, J.P., Allard-Dansereau, C., Petit, M., Chabot, G., & Masson, P. (1993).
Canadian Journal of Public Health, 84, 90-93.

The objective of this study was to define high-risk groups for nursing caries in the primary dentition by examining cariogenic feeding habits and fluoride supplementation. Parents of 240 children (aged 9 months to 3 years) were interviewed by means of a questionnaire which assessed socio-demographic data on feeding habits and fluoride administration. Results indicated that children above 18 months of age from minority ethnic groups were more frequently bottle-fed and took more milk and juice by bottle. Less well-educated and minority ethnic group mothers gave a bottle in bed more often, but those two groups showed no difference from those with better-educated mothers in time of weaning. Fluoridated water was used in only 6.25% of cases, while one-half the children were taking fluoride supplements. Knowledge of cariogenic behaviors varied. About two-thirds of the parents knew the cariogenic role of sugar. Educators must pay special attention to providing information on preventative dentistry to high-risk groups as well as to the general public.

Supplementary listing of articles:

Total parenteral nutrition for the low birthweight infant: Retention of N-acetyl tyrosine. Hanning, R.M., Moss, L.A. & Flanagan, J.A. (1993). *Journal of the Canadian Dietetic Association, 54,* 25-28.

Changes in maternal upper arm fat stores are predictors of variation in infant birthweight. Hediger, M.L., Scholl, T.O., Schall, J.I., Healey, M.F., & Fischer, R.L. (1994). *The Journal of Nutrition, 124,* 24-30.

Determinants of AIDS preventive behavior among dental professionals. Soto, J.C., Levy, M.D., Allard, R., & Franco, E.L. (1993). *Canadian Journal of Public Health, 84,* 128-131.

Food consumption and eating behavior of homeless preschool children. Taylor, M.L., & Koblinsky, S.A. (1994). *Journal of Nutrition Education, 26,* 20-25.

An evaluation of breastfeeding literature: Does it really promote breastfeeding? Valaitis, R.K., & Shea, E. (1993). *Canadian Journal of Public Health, 84,* 24-27.

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Summer	March 1, 1995

Demande d'articles 1994-95

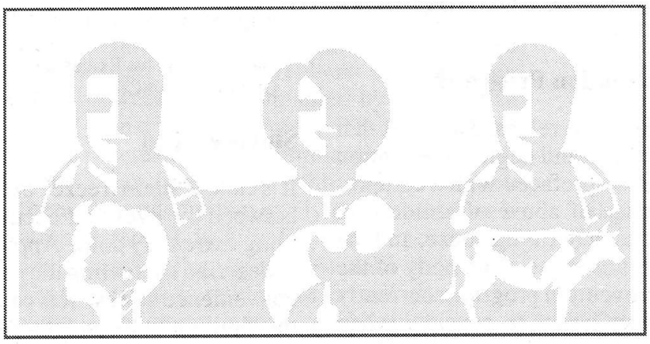
La *Revue canadienne d'économie familiale* solicit des articles soit par des spécialistes en Economie familiale soit par toute personne intéressée à promouvoir le bien-être des personnes et des familles. Les article peuvent traiter d'aspects sociaux ou d'information dans les divers champs ou domaine de l'Économie familiale.

Dates limites d'envoi des manuscrits:

Automne	15 juin 1994
Hiver	15 septembre 1994
Printemps	15 décembre 1994
Été	1er mars 1995

New Developments...

compiled by ***Sheri McBride***



. . . In Resources

Seniors' Independence through Home Adaptations

A new video, from Canada Mortgage and Housing Corporation, "Maintaining Seniors' Independence Through Home Adaptations," is designed to offer seniors common sense advice about adapting their homes to suit their changing needs. Studies indicate that most seniors would rather stay at home than move into a long-term care facility, but with many of the older housing designs this has been an impossibility. The video shows that any type of home can be adapted, and it takes seniors through the process of identifying their needs and suggests possible adaptations to meet them. Advice from health care professionals forms the basis for the recommendations. The video costs $9.95 (plus $1 for shipping and handling).

To order, write to: Canada Mortgage and Housing Corporation, Housing Information Centre, 700 Montreal Rd., Ottawa, Ontario, K1A 0P7 or phone (613)748-2367.

Community Kit on Violence Against Women

A demonstration of the "Community Kit on Violence Against Women" is underway in ten Canadian localities. The kit is a step-by-step guide developed to help community members work together to produce a local action plan to prevent violence against women. The communities will use the kit for three months and document their experiences so other organizations can benefit. Free copies of the written evaluations, entitled *Community Stories: Taking Action on Violence Against Women*, will be available in the summer of 1994 from Canadian Communication Group Publishing. Copies of the kit are available in English or French for $29.95 (plus shipping, handling, & GST).

To order, write to: Canada Communication Group Publishing, Ottawa, Ontario, K1A 0S9 or phone (613) 995-7835.

Textiles Teaching Aids

Apparel Tech is offering a new line of textiles teaching aids for use in the university and high school classroom and laboratory. *The Textiles Library* provides a collection of six sets of textiles samples, each consisting of 25 samples and 25 slides. The first set being offered in 1994 focuses on yarns. It includes definitions, descriptions, samples, and slides of a variety of simple and complex yarns used in consumer products. All are mounted and stored in a 3-ring binder for easy use. Samples and slides are available separately, $50 US each, or together for $80 US (plus $7 handling per set).

Textiles Analysis Slide Set, sponsored by the International Fabricare Institute consists of 100 full-color slides and 27 pages of commentary designed to supplement lectures on textiles care, care labelling, product design, and quality evaluation. The set has been designed to provide students with an understanding of the impact of product design and manufacturing decision on the in-use performance of ready-to-wear apparel. Cost is $245US (plus $7 handling). This set is available for a free 10-day preview.

To order, write to: Apparel Tech, 618W. 115th St., Kansas City, M0 64114.

Seniors Live it Up

"Live it Up! A Guide to Healthy Active Living in the Senior Years" is an integrated health promotion kit for community leaders who work with seniors. It includes overview articles on such topics as communicating with seniors, healthy eating, active living, and medication, as well as suggested sources of information and further reading. There are also handouts for seniors on each of the topics presented. The kit is available, free of charge, in either French or English.

To order, write to: ParticipACTION, PO Box 64, 40 Dundas Street West, Suite 220, Toronto, Ontario, M5G 2C2 or phone (416) 954-1212.

Breast Cancer Fact Sheet

Researchers estimate that one in nine women will develop breast cancer during her lifetime. In order to provide education about this disease, DES Action Canada has prepared a booklet entitled *Breast Cancer: Risks, Protection, Detection and Treatment.* It is aimed at helping women make informed choices about their own breast health. In addition to discussing the risk factors for breast cancer, the booklet suggests what women can do to reduce those risks and describes early detection methods and treatment options. It also lists sources of additional information. Copies of the booklet are available in either English or French for $5 each (plus $0.86 postage per copy).

To order, write to: DES Action Canada, 5890 Monkland Avenue, Suite 203, Montreal, Quebec, H4A 1G2 or phone (514) 482-3204.

Clothing & Textiles Arts Index Available

The 1991 issue of *Clothing and Textiles Arts Index* is now available in written or CD-ROM form. The Index covers literature published between 1970 and 1991 and provides over 25,000 citations with brief summaries. Demonstration floppy disks are available for $10 (specify disk size – 3 1/2, 5 1/4DD, or 5 1/4HD).

To order, write to: Contact HuTech, PO Box 1300, Monument, CO 80132.

Child Abuse and Neglect Prevention Programs

The Vanier Institute of the Family has released a report that provides an overview of child abuse and neglect prevention programs in Canada. The report is prefaced with a comprehensive review of the prevalence of abuse of children in Canada, including the difficulties in defining abuse, and the variety of factors that may result in abuse. The body of the report reviews 46 child abuse prevention programs currently operating in Canada and outlines issues to consider when developing a program within a community. Copies of the report are $12 each (includes postage and handling).

To order, write to: The Vanier Institute of the Family, 120 Holland, Suite 300, Ottawa, K1Y 0X6.

Nutrition Newsletter

Due to the public's increased interest in meatless meals, the Vegetarian Resource Group is now publishing *Vegetarian Journal's Foodservice Update.* It is geared for health professionals responsible for providing healthy meals in large quantities in an institutional setting. The newsletter shares quantity recipes, provides information on vegetarianism, offers advice on meal development, lists new healthy products available in quantity sizes, and spotlights leaders in the industry who are providing healthy alternative options in restaurants, school cafeterias, hospitals, nursing homes, on university campuses, and other institutional settings. The newsletter is published quarterly and is edited by a registered dietitian. A subscription to the newsletter is $20 US.

To order, write to: The Vegetarian Resource Group, PO Box 1436, Baltimore, MD 21203 or phone (410)366-VEGE.

Teenage Sex Education

Planned Parenthood of Toronto is offering two new educational pamphlets to help educators and parents deal with teenage sex education. The first, *The Morning After Pill* provides clear and concise information on a birth control method that is not well known or understood. *Teenage Girls and Acquaintance Assault* uses a true or false quiz format to help teenagers of both sexes understand what constitutes acquaintance assault. Copies of the pamphlets are available in English for $0.25 each. Bulk rates are available.

To order, write to: Planned Parenthood of Toronto, 36B Prince Arthur Avenue, Toronto, Ontario, M5R 1A9 or phone (416)961-0113.

. . . In Products

New Packaging Selection System for Historic Artifacts

The Canadian Conservation Institute has developed the Cushion Design Calculator (CDC) to allow museum curators to quickly select materials that will provide maximum levels of protection for fragile items during storage and shipping. Currently, to properly package historic artifacts requires a great deal of time calculating the type, amount, and placement of the packaging material. The CDC factors into an equation information on the object's weight, bearing area, and degree of isolation from shock to produce a list of options regarding cushioning thicknesses, types, and placement for the curator. The CDC is also available as a computer program called PadCAD.

To order, write to: Extension Services at CCI, 1030 Innes Rd., Ottawa, Ontario, K1A 0C8.

Slurpee Head

It's called "brain freeze" or "slurpee head": the sudden pain between the eyes that occurs when you eat or drink something extremely cold. Apparently children coined the term to describe the feeling they get after drinking Slurpees from convenience stores. It is caused by a sudden contraction of the sinus cavities on either side of the nose. Convenience store managers report slurpee sales went over the top in the summer of 1993. They are not sure whether this is due to the heat of last summer or the children enjoying the sensation. Regardless, "slurpee head" disappears within seconds and is considered harmless.

Source: *Canadian Grocer,* September, 1993.

Chocolate Milk Safe for Teeth

Recent research suggests that mixtures of milk and up to 10% sugar, like chocolate milk, do not cause tooth decay. Research further indicates that milk-sugar solutions cause significantly less dental cavities than water-sugar solutions. Research was conducted on rats receiving solutions of milk and water sweetened with different percentages of sugar, and was funded by the American National Dairy Promotion and Research Board. Researchers suggest the study's results will give school foodservice workers more reasons to offer chocolate milk to the students they serve and also help parents feel good about serving their kids chocolate milk as a snack.

Source: *Milk & Liquid Food Transporter,* September, 1993.

Wash Without Detergents

A new product, TRI-CLEAN, has been released on the market that claims detergents are no longer required to clean household laundry. Electrically active ceramic discs cause the dissociation of electrically charged hydrogen and hydroxide ions in the water, which increases the natural solvent ability of water, eliminating the need for detergents. In addition, the electrically charged ions maximize the permeability of fabric and charge clothes negatively, eliminating static-cling. TRI-CLEAN claims to produce no discharge and will last at least two years, regardless of frequency of use. A set of three discs costs $78 plus sales taxes (shipping included).

To order, write to: Pan Tec Inc., RR#1, Belwood, Ontario, N0B 1J0 or telephone (519)843-4600.

Planning for Vitality

The Vitality Planner is a month-at-a-glance calendar filled with practical suggestions and tips for eating well, being active, and maintaining a positive self- and body-image. The illustrated 1994 planner also includes a copy of Canada's Food Guide to Healthy Eating and an explanation of how to determine body mass index (BMI). It will be particularly useful to public health nurses, dietitians, nutritionists, fitness leaders, and other community leaders involved in promoting healthy living. Single pages of the 33-page planner are available free of charge.

To order, write to: Canadian Intramural Recreation Association, 1600 James Naismith Drive, Suite 601, Gloucester, Ontario, K1B 5N4 or phone (613)748-5639.

. . . In Ideas

Self-Checkouts on Trial

A pilot project in Ontario is testing the efficiency and accuracy of self-checkouts. Through this technology, customers "swipe" their own goods through bar-code scanners. The price can then be heard as a computerized simulated voice and be seen on a color monitor. If an item has not been properly scanned or if a shopper has attempted to substitute it, the difference in weight and size will be detected by the scanner and the item will be rejected. The simulated voice will then advise the customer to rescan. Once the scanning process is complete, customers are issued bills which are processed by a cashier. While the system could reduce jobs in the retail food distribution industry, industry experts agree that many customers will still opt for the human touch. Stores will probably continue to offer the option of being checked out by a person.

Source: *Distribution News and Views*, Agri-Food Development Branch, August 1993.

Literacy Programs in Our Museums

During 1994, the Canadian Museum Association will launch a program entitled "Reading the Museum" to encourage literacy in and through museums. With support from community associations, museum-based activities such as workshops and demonstrations will be developed to encourage visual and cultural literacy of those visiting the museum and to address communication challenges faced by museums when using labels, didactic panels, and other written material.

Source: *Museogramme*, Canadian Museum Association, Winter, 1993.

Women in Ageing Society

"Women in Ageing Society" is a new organization dedicated to empowering the lives of mature women by helping them address a number of issues facing women as they age, ranging from housing shortages, loneliness, and elder abuse to lack of pensions, job issues, and health concerns. The Society's fundamental mandate is to encourage women to be responsible for their own lives and to offer the support to make positive changes possible. A conference was held in Toronto this past spring and another is slated for September, 1994. The Society is currently based in Calgary but is looking to expand its membership base. Membership is $10.

Source: Women in Ageing Society, Lise Storgaard-Smallman, PO Box 1078, Cochrane, Alberta, T0L 0W0.

. . . In Trends

Food Preference Trends

The Beef Information Centre commissioned a major study of consumer attitudes and behavior in Canada based on personal interviews, 4-day meal diaries, and surveys. Some highlights of the results are provided:

- Beef, chicken and pork were the most often used meats for lunch and dinner. For lunch, pork was chosen more often than chicken.
- 96% of the respondents feel that it is important for families to eat meals together as often as possible.
- 60% of the families eat every weekday evening meal together.
- 66% of the respondents agreed that there is quite an international or ethnic flavour to many of the foods they eat today. Italian is the most enjoyed food style (92%) followed closely by oriental (82%).
- 69% of the respondents agreed that trying to decide what to cook is the worst part of meal preparation.
- 54% plan their meals during the day or just before the meal. The major factor in determining what to serve is what the person or family enjoys (63%).

Source: *Meatprobe,* Vol. 10, No.2, 1993.

Mislabelling of Cashmere Garments

The Cashmere and Camel Hair Manufacturer's Institute (CCMI) reports wide spread mislabelling of men's and women's blazers marked with low percentages of cashmere. US-based trade associations tested more than a dozen garments randomly selected from retailers and prominent catalogues and labelled as containing between 10% and 35% cashmere. They found large percentages of the goods mislabelled as to cashmere content. Results indicate little or no cashmere in significant numbers of these garments.

Source: *Costume Society of America News*, Vol 19, No.2, Winter, 1994.

A Portrait of Families in Canada

Statistics Canada has released a new survey on Canadian families entitled *Portrait of Families in Canada.* The report describes changes in family composition, frequency, and size and the changes in society that have influenced families in recent decades. The information has been integrated from a variety of Statistics Canada sources to provide an overview of the demographic characteristics, employment trends, income, housing, and activity patterns of families. Some of the interesting highlights from the report follow:

- The vast majority of Canadians live in some kind of family setting. In 1991, 83% of the population lived in a family as a spouse, parent, or never-married child. This is down from 87% in 1971. Overall, there were about 7.4 million families in Canada in 1991, a 46% increase from 1971 when there were just 5.1 million families.
- In 1991, the majority of families were headed by married couples (77%). This is down from 1981 when these families represented 83% of all families.

- In 1991, 10% of all families were headed by common-law couples, up from 6% in 1981. There was also an increase in the proportion of these families with children. In 1991, 42% of common-law couples had at least one child living at home, up from 34% in 1981. However, common-law couples are still less likely than their married counterparts to have children at home.
- The number of lone-parent families has also increased dramatically in the last several decades. In 1991, 13% of families were headed by lone parents compared to 9% in 1971. The vast majority of lone-parent families are headed by women. Indeed, since 1971, over 80% of lone parents have been female.
- Canadian families are currently much smaller than they were twenty years ago. In 1991, there was an average of 3.1 persons per family, down from 3.7 in 1971. The decline in average family size can be traced largely to the fact that families currently have fewer children at home than in the past. In 1991, there was an average of only 1.2 never-married children living at home per family, compared with 1.4 in 1981, and 1.8 in 1971.
- Women are making an increasingly important contribution to family income. The income of wives represented 26% of all family income in 1991, up from 20% in 1981.
- There has been very little overall growth in the real income of Canadian families since the early 1980s. In 1991, the average family income was estimated at $53,100, only 3% greater than the figure in 1981 ($51,800), once the effects of inflation were taken into account.

Source: *Portrait of Families in Canada*, Statistics Canada, 1993.

Survey on Violence Against Women

According to a recent survey of more than 12,000 women over 18, one-half of Canadian women have experienced at least one incident of male physical or sexual violence since the age of 16, and a quarter have done so at the hands of their spouses. The rate of wife assault for women living with men who consumed alcohol heavily was six times the rate for those whose male partners didn't drink at all. The survey also indicated clear support for the theory that witnessing violence in the home as a child increases the likelihood that a man will assault his partner. Children witnessed violence against their mothers in 40% of violent marriages.

Source: *Perspectives,* Status of Women Canada, Vol. 7, No.1, Spring, 1994.

Health Status and Practices in Canada and the United States

In Canada and the United States, helping people develop healthier lifestyles is an important public health issue. Both countries are participating in the World Health Organization's campaign to achieve "Health for All by the Year 2000." Behaviors, such as smoking, impaired driving, and seatbelt use, that have been aggressively targeted with public education campaigns, legislation, and taxation are changing the most. Other preventive health practices, such as exercising, regular breakfast eating, and maintenance of normal weight, have not received the same level of attention, and people's behavior in these areas has not changed as much in recent years. Some specific findings include:

- Smoking declined in both countries during the last half of the 1980s. In 1990, 32% of men and 29% of women in Canada were smokers, down from 36% of men and 33% of women in 1985. In the United States, 28% of men and 23% of women in 1990 were current smokers, compared with 33% of men and 28% of women in 1985. Adults in both countries who have not gone beyond high school are much more likely to smoke than their more educated counterparts.
- Alcohol consumption (having had a drink in the last 12 months) remained constant during the latter part of the 1980s in Canada, and it declined in the United States. Reductions in daily drinking occurred among men in Canada and the United States. Declines in daily drinking occurred among all education groups, although the largest drop was among those with at least some college or university.
- Drinking and driving became less common in both countries during the late 1980s. The proportion of current drinkers in Canada who reported driving within two hours of drinking any amount of alcohol dropped to 23% in 1990 from 25% in 1985. In the United States, the decline was sharper, but the survey question differed slightly making comparisons difficult. In Canada, the reduction in the proportion of Canadians reporting that they drove after drinking was almost totally attributable to young adults under age 25. The decline among young people more than offset the effect of men aged 45 and over, whose incidence of drinking and driving increased.
- Stress levels rose among men and women in both countries during the late 1980s, although gender differences existed. In Canada, men were slightly more likely than women to regard their lives as stressful. In contrast, stressful lives were much more common among women than men in the United States.
- The proportion of men and women considered overweight (as measured using the Body Mass Index) increased in Canada and the United States between 1985 and 1990. By 1990, 27% of men and 18% of women in Canada were overweight, up from 10% of men and 14% of women in 1985. In the United States, 26% of both men and women were overweight in 1990. This is up from 22% each in 1985.

Based on these trends, it would appear that national policies and priorities do influence health-related behavior. Both Canada and the United States have set health promotion objectives for this decade. Continuing these national commitments to improvements in health promotion may lead to further reductions in preventable illness and disability associated with many risk-taking behaviors.

Source: *Canadian Social Trends*, Winter 1993.

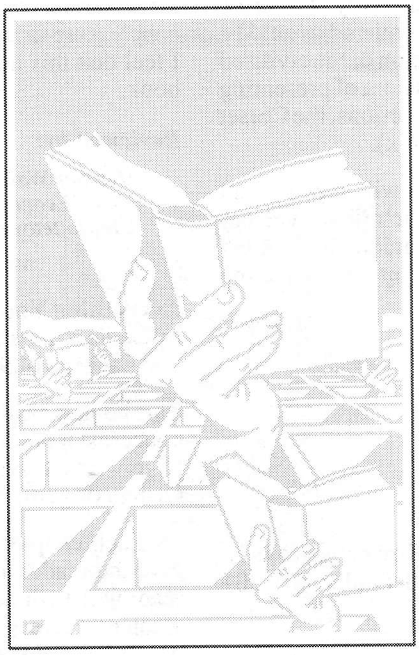
Pants Dominate Fall Fashions

Pants appear to be the key wardrobe element for fall 1994. Retailers report a drastic drop in skirt sales and an increase in pants sales and the number of pants lines they are carrying. The emphasis on pants is a result of career women's demands for practicality in their clothing, continuing indecision of designers regarding skirt lengths, and the focus by Parisian and Italian designers on pants in the fall Collections. Canadian manufacturers and designers are showing two pants styles for fall — cigarette skinny in stretch or velvet with cuffs, or controlled width with high waist and interesting front yoke effects.

Source: *Style*, May, 1994.

Book Reviews

compiled by ***Nancy E. Reddin***



Rainforest in Your Kitchen: The Hidden Connection Between Extinction and Your Supermarket by Marvin Teitel. (1992). Peterborough, Ont.: Broadview Press, 112 pages; $10.95.

As home economists we are likely sensitized to the multitude of global environmental problems, including global warming, destruction of the rainforest, and pollution, and may be accustomed to emphasizing to individuals, families, and students the importance of altering our consumptive behaviors. However, we may not be familiar with a different and perhaps even more ominous threat— the decrease in the genetic biodiversity of our food supply. According to environmental activist Marvin Teitel, this biodiversity crisis is as close as our backyards, our gardens, and our refrigerator shelves.

Rather than using a scolding approach seen in other books of this type, Teitel entices us to awaken our ethical sensibilities. He argues convincingly that slight modifications in how we shop, eat, and garden can influence decisions made by those in agribusiness and ensure that the foods we eat help maintain rather than destroy the genetic diversity of the earth's plants and animals.

Using clear language, simple charts, and humor, Teitel inspires us with practical, simple suggestions, including saving seeds, expanding where we shop for food, and coping with fast-food addiction in an environment which "bombards us daily with inducements to consume, immediately, billboard-look-alike meals." By doing so, Teitel provides us all the ability to make a difference on an issue that at first seems relevant only to policy makers. In the final chapter, the author offers practical tips on working for change by spreading the word at the individual, family, and community level through the media, schools, and collective efforts.

This book should prove to be interesting for *Journal* readers at a personal and professional level. Teitel not only helps us understand the ecology of genetic diversity and the politics of food, he provides us all with strategies to help "dehomogenize" our diets as we journey towards sustainability.

Reviewed by:

Jennifer Taylor, BSc, MSc, PhD Candidate
Assistant Professor
Department of Home Economics
University of Prince Edward Island
Charlottetown, P.E.I.

Freaks of Fashion: The Corset & the Crinoline by William Berry Lord. (1861, reprinted 1992). Mendicino, California: R.L. Shep, 227 pages; $21.95.

Freaks of Fashion appears to be simply another historical costume text, offering a review of various aspects of fashion and how they have changed through the ages. Following what has become standard format, the text is divided into numerous chapters that provide a comprehensive survey of women's fashions and fads in Europe from the ancient period to the mid-Victorian period (1868). Social, economic, and political factors influencing each period's styles are also discussed.

But upon closer analysis, the reader will recognize that this book is unique. Unlike most historical clothing texts, *Freaks of Fashion* focusses on the use of crinolines and corsets worn by women and their effect on different silhouettes. A great deal of attention is paid to the historical controversy regarding the "evils" of these foundation garments, such as the corset's tight lacing and the crinoline's great expanse. Secondly, and more importantly, this text was written by a social critic in 1868, thereby offering a unique perspective on mid-19th century society. The reader is provided with wonderful insights into the attitudes and values towards fashions of a bygone era.

The book arose out of the dress reform movement and the protracted controversy over the role of the corset and crinoline in fashion. In his preface, the author W.B. Lord claims not to be taking sides over this debate, but simply to be stating historical fact. Although Lord does not pass judgement on corset or crinoline usage from earlier periods, he does clearly state that the use of these foundation garments is much more healthy and comfortable in the mid-19th century. He also asserts that the corset and crinoline are necessary for the elegant and attractive figure, and that it is possible for a woman to wear one without harming her health. This comment is particularly interesting considering it was stated at a time when women were experiencing some of the tightest and most restrictive lacing ever.

Several additional aspects of the text will be of historical interest to the reader. First, the illustrations of period costume clearly reflect the dominant aesthetic values and biases of the illustrator and his culture. This results in drawings of women in costumes from previous periods with the sloping shoulders, monobosom, high waist, and doe-like eyes so typical of the women from the Victorian period. Second, Lord enjoys using excerpts taken from period journals, diaries, and correspondence to supplement his text. These commentaries greatly enhance the costumes' descriptions, as well as provide additional insight into how they were worn and what significance they held in society.

Readers should be aware that the text is written in Victorian prose, which at times makes reading laborious. By today's standards the writing style is convoluted and verbose. For example, when explaining the necessity of wearing corsets, the author states, "No one, we apprehend, would be likely to deny that, to enable the fairer portion of the civilised human race to follow the time-honored custom of presenting to the eye the waist in its most slender proportions, the Corset in some form must be had recourse to" (p.x).

This caution aside, *Freaks of Fashion* will appeal to all persons interested in historic costume or Victoriana, whether they be student or instructor. It offers a unique look at the study of historic costume and an insight into a fascinating time from our past.

Reviewed by:

Sheri McBride, BA, MSc
Assistant Professor
Department of Home Economics
University of Prince Edward Island
Charlottetown, P.E.I.

Discovering Food (3rd ed.) by Helen Kowtaulk. (1992). Peoria, Illinois: MacMillan/McGraw-Hill Publishing, 304 pages; $32.54 (school net price).

Discovering Food is an excellent text directed to students at the Junior High or lower Senior High School level. It provides clear, concise, and practical information covering the basics of nutrition, food preparation, food preservation, and food management.

The book is colorful and well laid out, with eye-catching illustrations and photographs on each page supplying interesting support for the text. Subject headings printed in bold face throughout each chapter and boxed highlights provide easy access for the student when searching for a specific topic; these are supplemented by an excellent index. An extensive glossary enables the student to find a definition quickly and locate it within the text.

The text is divided into eight units under the following headings: Looking Ahead, Nutrition, Developing Skills, Good Work Habits, Learning About Foods, Creative Combinations, and Baking. Each unit is further sub-divided into chapters giving more specific details. Every chapter begins with a list of objectives outlining the skills to be studied and ends with chapter review questions and an activities list. This list of ideas is a valuable resource for teachers using the text.

Discovering Food is well oriented to the Junior/lower Senior High level, with information relevant to this age group. The author presents a very personal approach to the student and provides basic information for the development of life skills as well as cooking skills. An effort has been made throughout the text to show inclusion of different ethnic groups as well as students with physical disabilities.

Both metric and imperial measurements are present in the text making it useful for teaching purposes in Canada. Teachers would have to substitute "Canada's Food Guide" and "Canada's Guidelines for Healthy Eating" as well as Canadian standards for labelling and grading.

The book is of convenient size for teenagers' kit bags and it presents a colorful up-to-date external appearance. In addition, the book lies flat when opened, which is a useful feature for any audience. The publishers have obviously done their homework on both the material content and their target group. Occasionally one comes across a book which is a pleasure to review and one which is easy to recommend; I feel that this third edition of *Discovering Food* is such a book.

Reviewed by:

Heather Walker, BSc
Home Economist
Charlottetown, P.E.I.

Everything You Need to Know to Succeed after College by Gayle Kimball (Ed.). (1993). California: Equality Press, 290 pages; $14.95.

This book is easily read and covers topics which are current concerns; it is suitable for new grads as well as people who have worked five to ten years and people considering job change or getting married.

Each chapter is headed with "Chapter Goals" which give the reader a chance to know what is covered before reading the whole chapter (only to find it wasn't what you wanted!). Every chapter ends with "The most important points," a good reminder of what you have just read. Lots of questions are asked of the reader. As well, "Suggested Readings" to further your involvement are given. Information is from professionals in all walks of life, who use statistics as well as student surveys (from the classroom) to back up their discussions.

There are chapters on Career Success, Understanding Men and Women (very interesting — applies to the workplace as well as life in general), Sexuality, Parenting, Being a Dual-Income Family, Wellness, and, finally, Successful Life Planning. The first chapter, "How to succeed in your career," not only covers the job interview, writing and speech skills, networking, and learning the politics of your company; it also gives advice on time and stress management, viewing your occupation (job) as part of your life-career, and utilizing your ethnic-cultural background. Discussion about the glass ceiling would be of more interest to readers in Canada if it was based on Canadian facts. The same is true of the Financial Success chapter.

The last chapter collects all the major themes of the book into one subject, Life Planning. Besides giving the reader how-to instructions, it makes two major points: 1) Consider your life a career and 2) Picture what you want out of life, love, career, and hold it in front always, so that you can work towards it.

Reviewed by:

Kathryn McLarty, BSc, RHEc
Food Services Manager
Beaver Foods
Toronto, Ontario

Part-time Paradox: Connecting Gender, Work, and Family by Ann Duffy and Norene Pupo. (1992). Toronto: McClelland & Stewart Inc., 318 Pages.

In *Part-time Paradox*, Duffy and Pupo provide insight into the paradoxical situation of mothers with part-time jobs. Working part-time permits women to spend more time at home than if they had full-time paid work, and yet it frees them from full-time homemaking. Part-time jobs, although many of them are both dead-end and ill-paying, nevertheless afford many women greater equality in the home and some economic independence.

Duffy and Pupo report interviews with 70 Canadian women who work part-time. The women's employment is studied with regard to their two worlds: the world of family and the world of work. Reports of the contradictions and paradoxes that emerge are set in the historical and theoretical framework constructed by the authors.

The authors examine the history of women's participation in both paid and unpaid work and document the recent major expansion of the part-time female work force in Canada and other western countries. Graphs and charts are used generously to illustrate the data.

In looking for a theory to explain this dramatic increase in the number of women working part-time, the authors conclude that, by choosing part-time work, women try to achieve balance between the public and the private spheres. The lopsided labor market and an unequal domestic structure push women away from full-time paid or unpaid work and into part-time paid work.

Duffy and Pupo contend that part-time work, although it allows women to achieve balance in individual situations, prevents structural change. They suggest that for real change to occur, we must re-examine the notions of work and gender. Labor, women's groups, and social reformers must work together to make work more responsive to the needs of women and families.

This book can provide documented information and thoughtful analysis to anyone involved in women's studies, family studies, or analysis of Canadian employment data. Individuals and groups with any interest in or influence on labor and employment policy should read *Part-time Paradox.* Laypeople may have trouble with the academic style.

Reviewed by:

Margaret Prouse, BSc
Freelance Home Economist
Charlottetown, P.E.I.

The Craft of Teaching Adults (2nd ed.) by Thelma Barer-Stein and James A. Draper (Eds). (1993). Toronto, Ontario: Culture Concepts, 272 pages; $29.95.

This book is an updated and enlarged version of the 1988 publication of the same name, also edited by Barer-Stein and Draper. It presents both a theoretical and practical perspective on adult education in a non-complex manner and is suitable for anyone interested in the teaching of adults.

As the editors state in their introduction, this is not another basic how-to book. It is a compilation of a wide range of topics, intended for anyone wanting to learn more about the field of adult education. Readers are guided to browse, select, and make use of the skills and wisdom presented by the various contributors in whatever way suits their individual needs and interests. Each chapter focusses on a particular aspect of adult education and is written by distinguished Canadian adult educators.

At the start of each chapter, there is a summary or highlight of the important aspects of that chapter. This allows the reader to briefly scan the topic to decide if further reading is needed. Each chapter concludes with a list of suggested readings to assist with additional learning.

There is something for everyone in the topics addressed by the various contributors to this book. Beginning with the historical background of the adult education movement in Canada right through to some predictions for the future, there is a broad range of thought-provoking and interesting discussions of the challenges of teaching adults. For those involved with teaching culturally divergent groups of adults, Thelma Barer-Stein presents an exploration of the meaning of "culture" and "ethnicity" in the teaching-learning situation and some practical implications for adult learning. Health and nutrition educators will find the chapter on "nurturing learning" by Thelma Barer-Stein and Carmen Connolly of particular interest.

The Craft of Teaching Adults is one of the better resources for adult education available at the present time. I would recommend this book to all those interested in continuing their own learning process and in improving their ability to teach adults.

Reviewed by:

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Graduate Research in Canadian Universities / Répertoire des recherches dans les universités canadiennes

Compilation of master's theses and doctoral dissertations in home economics and related areas completed July 1, 1992 to June 30, 1993. Supplement to list published in *Canadian Home Economics Journal 44* (2) p.100, 1994.

Une compilation des mémoires et des thêses en économie familiale et dans les domaines affiliés complétés entre le 1 juillet, 1992, et le 30 juin, 1993. Ajout à liste publiée dans la *Revue de l'association canadienne d'économie familiale, 44* (2), p.100, 1994.

Clothing and Textiles / Textiles et habillement

Dawley, C. A. (1993). *The effect of conservation freezing treatments on selected properties of wool.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, N. Kerr.)

Marshall, J. A. (1992). *The identification of flax, hemp, jute and ramie in textile artifacts.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, N. Kerr.)

Osei-Ntiri, K. (1992). *Characterization of electrostatic charge on clothing and sparks produced therefrom in cold dry conditions.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, B. Crown.)

Omar, N. O. (1993). *A history of dress in the Kakamega District of Western Kenya: Impact of socio-cultural factors.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, S. Niessen.)

Family Studies / Études familiales

Kilgour, K. (1992). *Fathers' perspectives on the fathering role.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, B. Munro.)

Leung, S. W. (1992.) *The role of attributions in marriage: An experimental analysis.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, B. Skrypnek.)

Siegl, D. (1992). *The experience of being a parent of an adult with symptoms related to HIV infection.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, M. Poirier.)

Zhang, X. (1993). *Stake and generations in Alberta farming families.* Unpublished master's thesis. University of Alberta, Edmonton. (Advisor, N. Keating.)

Foods and Nutrition / Alimentation et nutrition

Angel, S.(1992). *Psychological effects of a cholesterol-lowering diet in asymptomatic hypercholesterolemic subjects.* Unpublished master's thesis. University of Toronto, Toronto.

Azcue, M. (1992). *Resting energy expenditure and body composition in normal and sick children.* Unpublished doctoral thesis. University of Toronto, Toronto.

Chapman. (1992). *Perspectives on adolescent women and food.* Unpublished doctoral thesis. University of Toronto, Toronto.

Crombie, C. (1992). *Effect of a sucrose preload on food intake and subjective measures of appetite in 9 and 10 year old healthy children.* Unpublished master's thesis. University of Toronto, Toronto.

Fernandes. (1992). *Acetate levels in cirrhosis.* Unpublished doctoral thesis. University of Toronto, Toronto.

Hamadeh, M. (1992). *The effect of dietary flaxseed on N-3 fatty acids, cholesterol profile and laxation in the young and institutionalized elderly.* Unpublished master's thesis. University of Toronto, Toronto.

Hong, Chi-Chen. (1993). *Carbohydrate but not protein elicits abnormal satiety responses in obese zucker rats and is normalized by enhanced serotonergic function.* Unpublished master's thesis. University of Toronto, Toronto.

Kendall. (1992). *Influence of dietary cholesterol on chemically induced colon carcinogenesis in mice.* Unpublished doctoral thesis. University of Toronto, Toronto.

Khan, A. (1992). *The physiological fuel value of protein, fat and carbohydrate in newborn infants.* Unpublished master's thesis. University of Toronto, Toronto.

Kubis, G. (1992). *Essential amino acids and food intake of rats.* Unpublished master's thesis. University of Toronto, Toronto.

Lay, D. (1993). *Determination of iron absorption in very low birthweight premature infants using two stable isotopes of iron (57 Fe and 58 Fe).* Unpublished master's thesis. University of Toronto, Toronto.

Liede, A.C. (1992). *Safety apects of dietary flaxseed.* Unpublished master's thesis. University of Toronto, Toronto.

McDonagh, R.J. (1992). *Quantitative analysis of lipid composition and metabolism using 13C NMR spectroscopy.* Unpublished master's thesis. University of Toronto, Toronto.

Musk. (1992). *Appetite response and food intake, nitrogen balance and mood in patients with end stage renal disease: Amino acid vs. dextrose dialysate.* Unpublished master's thesis. University of Toronto, Toronto.

Orttmann, A. (1992). *Involvement of cholecystokinin in protein-induced satiety in rats.* Unpublished master's thesis. University of Toronto, Toronto.

Robb, P. (1992). *Investigations on the fermentation of various non-starch polysaccharides in the human subject.* Unpublished master's thesis. University of Toronto, Toronto.

Reifen, R.M. (1993). *Evaluation of zinc metabolism using two stable isotopes of zinc.* Unpublished master's thesis. University of Toronto, Toronto.

Wykes, L. (1992). *A neonatal piglet model to study amino acid metabolism in the human neonate during total parenteral nutrition.* Unpublished doctoral thesis. University of Toronto, Toronto.

Zello. (1992). *Human phenylalanine and lysine requirements determined by amino acid oxidation.* Unpublished doctoral thesis. University of Toronto, Toronto.

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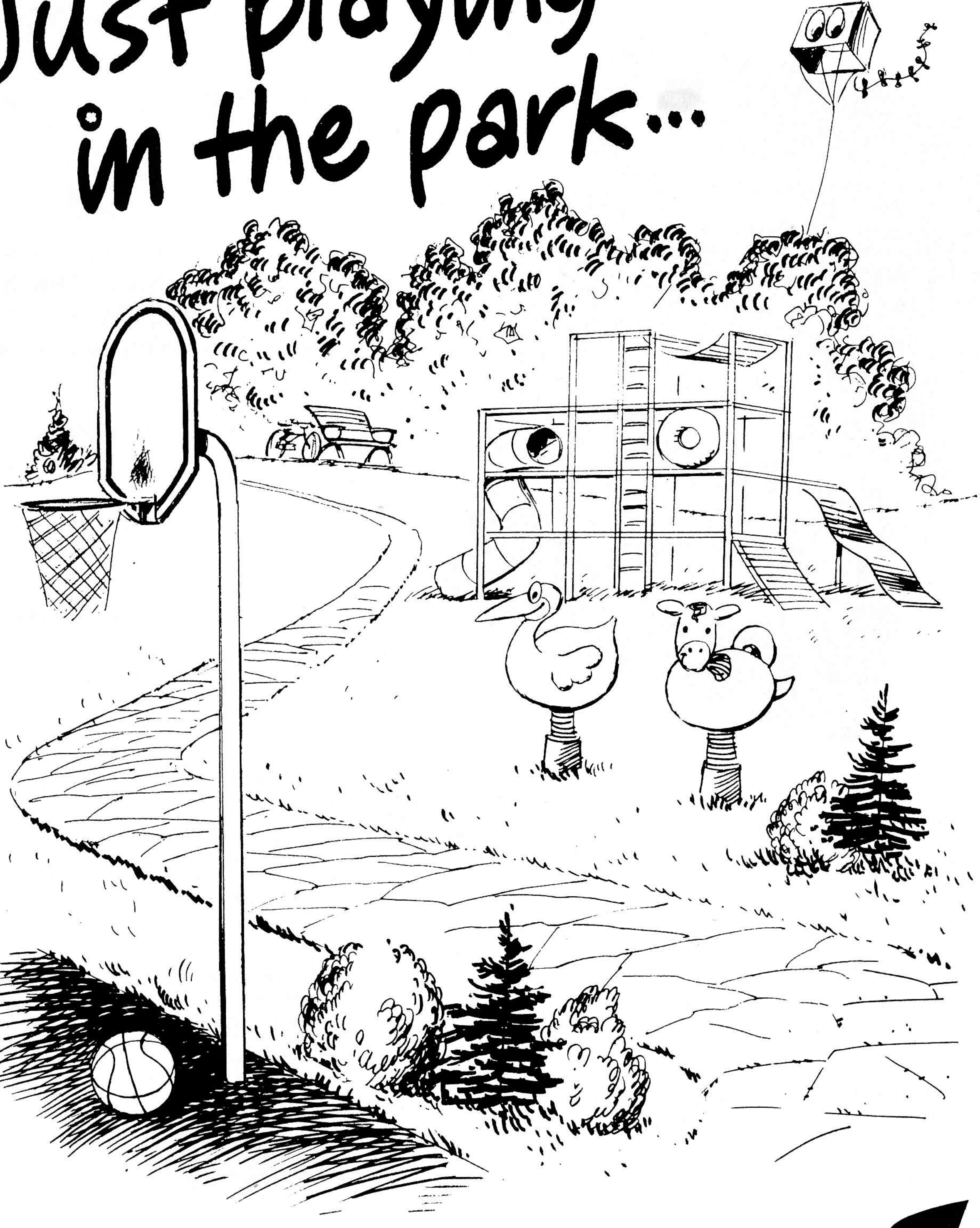

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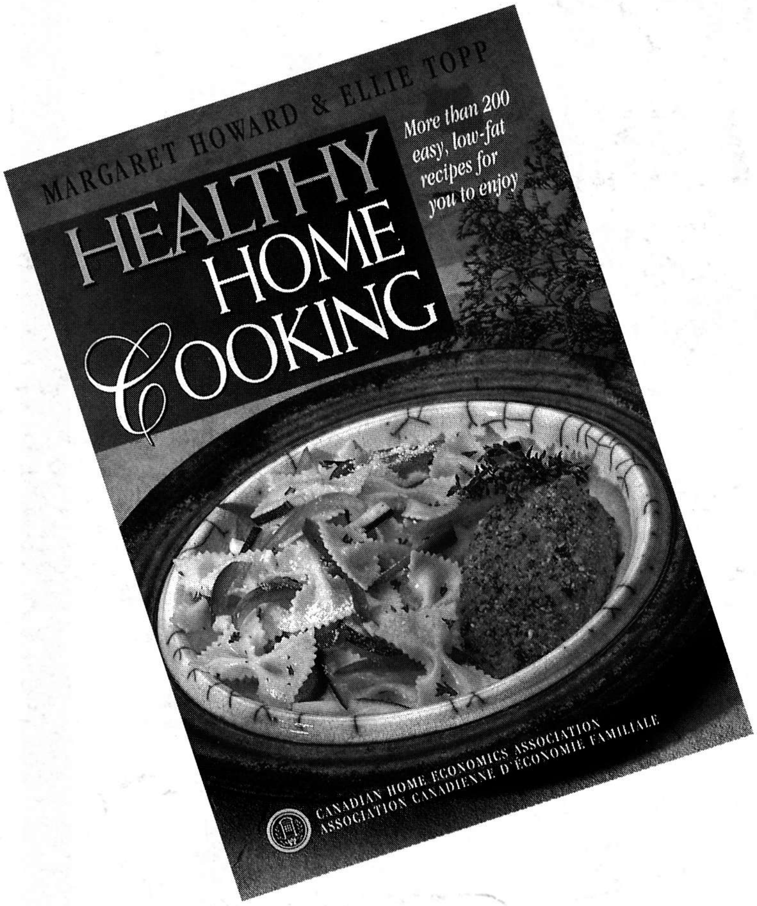
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